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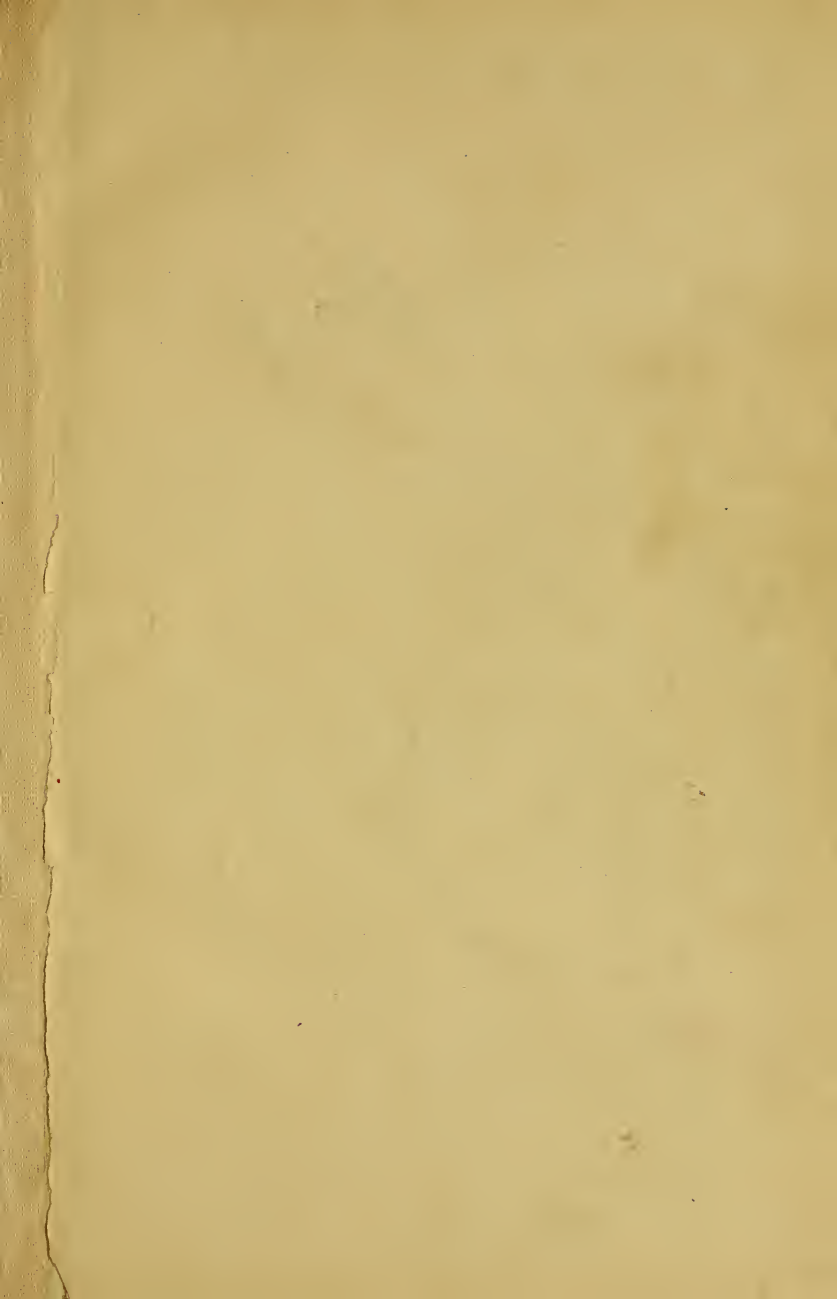


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BOXING

AND HOW TO TRAIN.

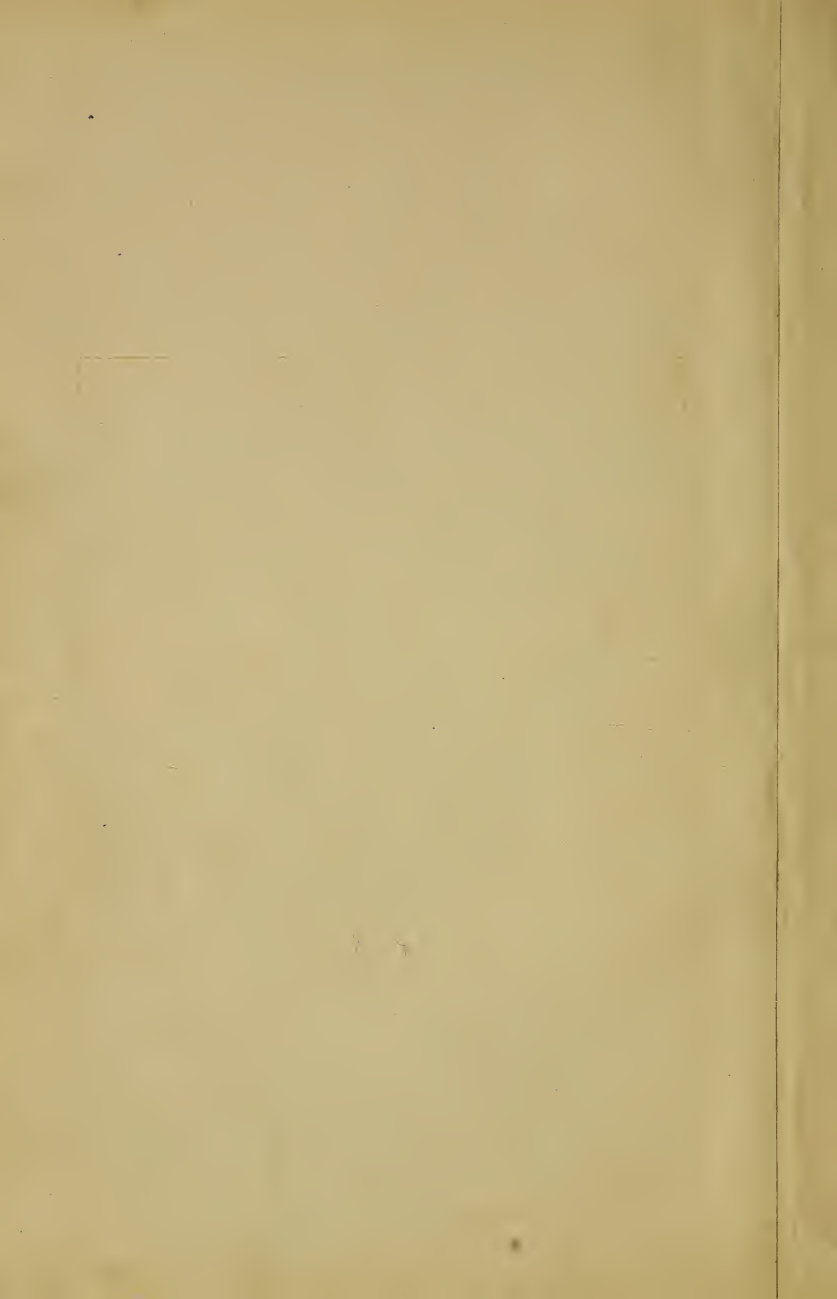


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RICHARD K. FOX,
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BOXING

AND HOW TO TRAIN

—BY—

SAM C AUSTIN

SPORTING EDITOR

OF THE

POLICE GAZETTE.

BAG PUNCHING

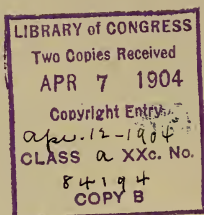
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SAM C. AUSTIN,
SPORTING EDITOR OF THE POLICE GAZETTE.



POSITION-ON GUARD.

The Art of Boxing.

CHAPTER I.

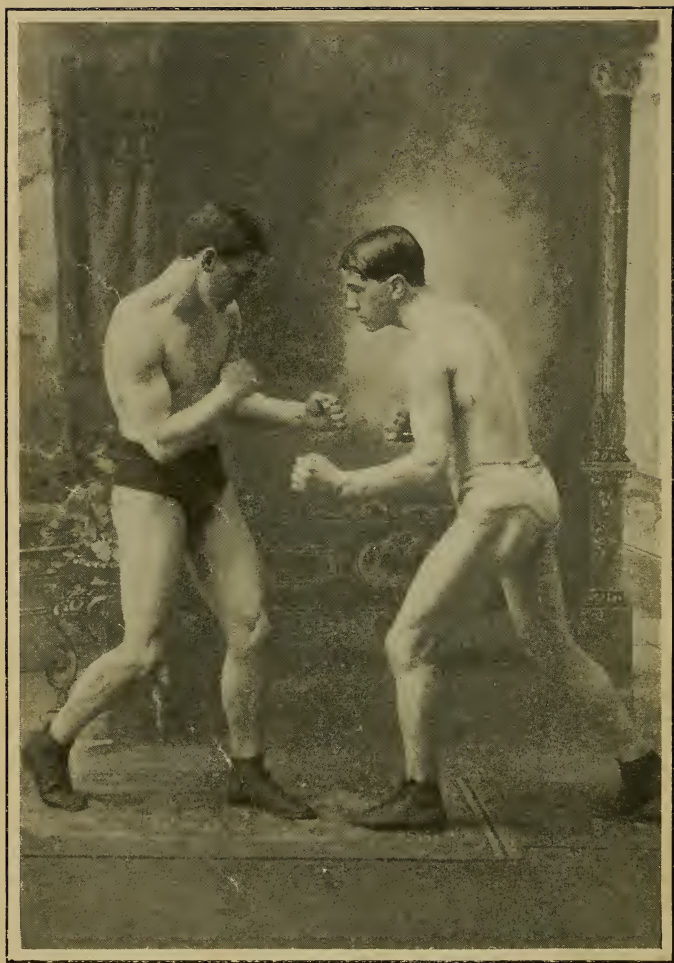
POSITION—ON GUARD.

Shake hands! This is a good old-fashioned custom which should always be observed before and after a bout. Throw some warmth and feeling into the grasp; it betokens a friendly spirit and dissipates the thought that two contestants in a boxing bout cannot be aught than enemies.

One of the most essential things now is to stand firmly upon the feet in a position to get about quickly and safely—slow legs are as much to the detriment of success as slow hands. One must be always ready to use his feet to retreat and to advance, or to quickly step into position. In this position the toes of the right foot must be directly behind and in a line with the left heel.

Easily balanced on your feet, the right arm should be across the "mark" (that point where the ribs begin to arch), the hand being an inch below the left breast. To obtain the exact position of the left arm, advance the left shoulder, drop the arm by the side, and then raise the forearm until the hand is on a level with the elbow. In sparring it should be worked easily forward and backward. Throw the right shoulder well back and slightly sink it, so that of the two the left shoulder is the higher. Lower the chin, turn the face a little to the right, and bend the head slightly over the right shoulder. The object of turning the face is to prevent both eyes being hit at once, while the head is bent to the right in order that it may not be directly in a line with your opponent's left hand, and thus afford him an easy target.

Some consideration must be given to the position of the hands. They must be tightly clinched. If this precaution is not observed the force of the blow is diminished and a sprained or otherwise injured wrist would be the penalty involved. The left hand, in the position to lead at the head, should be closed with the palm upwards, the arm almost perfectly straight, with the elbow turned up.



FEINTING FOR AN OPENING.

CHAPTER II.

FEINTING.

Now, being in position, the first thing to do is to feint, which, in other words, is to offer a false attack to divert the attention of your adversary from the mode of attack to be followed ; but the beginner would do well to cultivate quickness and attain some proficiency in straightforward sparring before he turns his attention to manœuvres which are more likely to get himself than his adversary in trouble if they are not performed with great rapidity.

By trying to impress upon you the importance of rapid foot work it is only necessary, in support of this theory, to say that James J. Corbett, the most proficient boxer of his day, attributed his great success to his agility in the ring. He was the first whose feet were made to assist in feinting. He found that moving in and out before a man confused him as to what was about to happen.

A quick rush might result in the man's attempt to block something, which would leave an opening as big as a house. A sudden side step often caused the man to lead in a way which gave a perfect opportunity for a counter.

There are three objects in feinting, all of which are exceedingly rational.

The first is what most people believe to be the sole object of the feint—confusing the opponent until he is uncertain as to what is to happen.

The second object sought in feinting, and an even more important one than the other, is that of inducing the man to lead. The other object of the feint is to so confuse and bewilder the man from the moment he gets into action until the bell that he is always keyed up.

Feinting consists not only in movements of the hands, feet and body, but includes every trick and move which is made with an idea of deception. A shift of the eyes, a careless attitude, or any trick which may induce one's opponent to believe his chance has arrived.



HOW TO DELIVER A BLOW.

CHAPTER III.

HOW TO DELIVER A BLOW.

Having disposed of the important details incidental to the beginning of the bout, we come to the necessary feature of how to deliver a blow correctly. Throwing the clinched fists about in the air, depending upon a chance effort or inexperience or carelessness on the part of your adversary to land a blow, will soon place you at the mercy of an accomplished boxer who knows how to dispose of his punches to the best advantage. In the first place, to judge the distances correctly, so that your effort to land will not be a wasted one, learn to hit straight rather than the round-arm blow, which is the natural tendency of the beginner. Always remember that a straight line is the shortest distance between any two points, and that your fist can travel faster, direct in a straight line, than by curving it to reach your adversary.

It is advisable to practice straight-arm hitting with your sparring partner, varying the monotony by being the receiver and directing your energy toward either stopping the blow or countering it. The quick lead often enables a man to score point after point without receiving a return.

It is no use trying to do too much all at once, and if you give a considerable time to thoroughly mastering this straight hitting your chances of ultimate success are greatly increased.



LEFT LEAD AND BODY COUNTER.

CHAPTER IV.

LEFT-HAND LEAD.

Now you have sparred around your adversary, watching for an opportunity, perhaps. You have feinted him within your distance line, which you have measured well. You step in, plant a blow and get away again at once.

A slow lead-off lays a man open to counters and cross-counters, which will hereafter be described.

In stepping in push yourself off the ball of the right foot and spring in about 18 inches. The action of foot and arm should be simultaneous; do not step in and then deliver the blow. The lead-off at the head with the left hand is the only blow that is delivered while the right foot is raised from the ground.

As you step in the right foot should follow, and, at the moment of striking, hang over the spot formerly occupied by the left.

It is often well to be ready with a second blow with the left, so that, if you are by chance a bit short in the lead-off, you may advance your right foot a few inches and then step in with a second left-hander.

Very frequently, too, this double hit may stop a man who is following you up after your lead-off, only, in this latter case, you will not have to advance; indeed, you may actually feint getting back, but instead of doing so, stop short and hit out again.



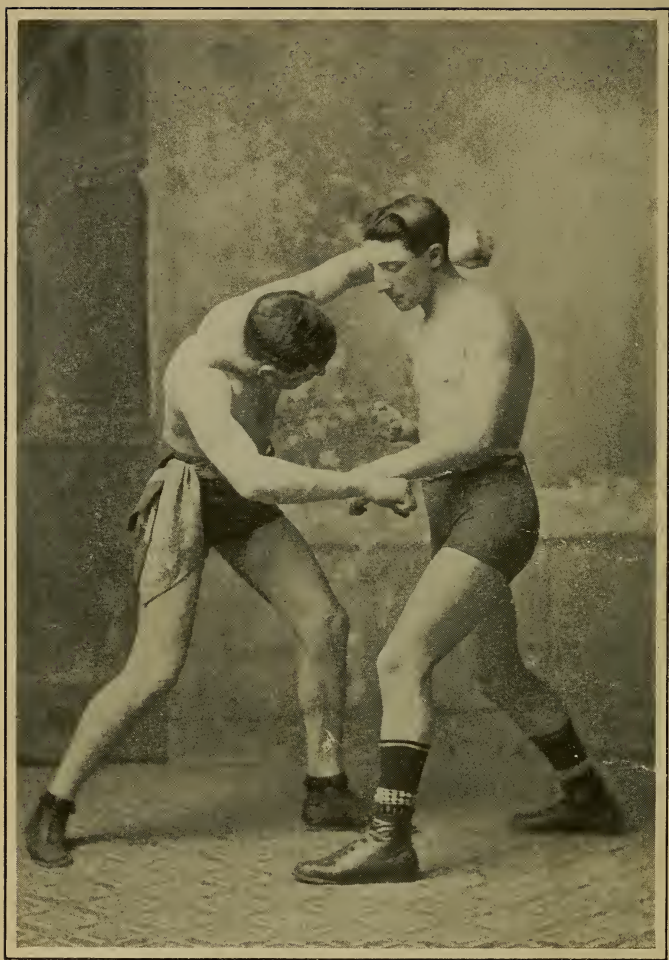
BLOCK AND COUNTER BLOW.

CHAPTER V.

GUARD FOR LEFT LEAD.

The next thing of importance is how to use the right-hand guard for this blow instead of the counter. To do this successfully raise the left hand almost to the level of your nose, letting the forearm be thrown forward with the elbow down, so that the weight of the blow may be broken on the wrist. To do this raise the right arm in a nearly straight position in front of you till your wrist is about on a level with your forehead ; your opponent's left arm will glance along your forearm and you will save the concussion which is so likely to ensue, if you bend and raise your elbow ; besides which, the elevation of the elbow often leads to having your own forearm hit into your face. There is another most important reason for so guarding in this "weaving" style—you are much more ready at any moment to hit out than you could be if your elbows were bent when raised to the level of your shoulders. If you lightly throw your right arm forward and upward in the manner indicated, you will be able to guard the left-hand lead-off at the head, and this guard should often be used when actually leading off yourself with the left—*i. e.*, simultaneously with the lead-off you should guard the head with this right-handed "weaving" guard. Avoid anything approaching the "arms-akimbo style."

The guard with the left arm may be similarly executed ; but I should, as a rule, recommend getting the head out of the way and so avoiding the blow.



DEFENSE FOR A BODY LEAD.

CHAPTER VI.

DEFENSE FOR BODY LEAD.

Now let us consider the best defense for left-handed blows at the body, which, though they may sometimes be avoided by retreating, should nearly always be guarded by the right arm placed firmly across the mark and well touching the body—the muscles of the abdomen being at the same time contracted, and the region of the “mark” well “tucked under” the ribs, so to speak.

Body blows with the left are not much to be feared, except on the “mark,” since the right side is furthest away from your adversary, and he cannot well reach the short ribs with his left hand. But on the “mark” he always has a hit with his left, and you should learn to guard this, even at the expense of your head, since a really hard body hit which gets well home on the “mark” may do more to terminate a round, or indeed a fight, than a half dozen flush hits on the face. In treating of body hits with the right, the question is vastly different, and, in a sense, more complicated. From your position, the left side is very much exposed to the adversary, and when you lead off with your left he has the chance of a right-hander at your left side or short ribs with his right, and this is certainly one of the hardest blows to guard against. You must not think of guarding it with your right hand or with the boxing glove (as many do), but must endeavor to drop your left elbow close down to the side, so as to receive the blow on the arm somewhere near the elbow, stepping at the same time to the right, so as to break the force of the hit.



HOW TO AVOID A BLOW.

CHAPTER VII.

HOW TO AVOID A BLOW.

When a man leads at you with the left, and this is especially the case when he rushes at you with a determination to knock you off the face of the earth, a good plan is to duck your head to the right, at the same time stepping about 18 inches to the right with your right foot. His left hand will then pass over your left shoulder, and you may be able to put in an effective hit with your left either on his body or face—try the former for preference. This method of avoiding a blow is called the “sidestep,” or “slipping,” and it is far better to trust to this when opposed by a larger and heavier man, who bores you on to the ropes and tries to smother you, than attempt the ordinary guarding.

“Slipping” is equally effective when boxing with a man who stands “right foot first.” He leads off with his right and you duck to the left and come in either with your right on his body or head, or with your left on the right side of his head, his right hand passing over your right shoulder.

Another way is to duck forward and come in on the body; but remember that, in executing this manœuvre, you run the chance of the uppercut or a short-arm hit on either side of the head. In dealing with the head, it may not be out of place to mention that flush hits on the forehead, where the bone is thick and strong, usually injure the hitter more than the hittee. The jaw and temple are the only really dangerous places as far as the head is concerned.



HEAD GUARD AND COUNTER.

CHAPTER VIII.

PRACTICE HEAD GUARDS.

Though so important to practice the head guards with both arms, it is even more important to make sure of your body guards. Therefore, study carefully getting the head out of danger ; at first the effort to do this will involve a good deal of hard work, for you will overdo the necessary and find it very exhausting, but after a time you will begin to feel what is wanted, and will know exactly the amount of effort required to throw back your head or move it on one side or retreat, so as to avoid the blow by an inch or two, and remember, the more accurately you can hit this off the nearer you will be for your next attack.

A miss is as good as a mile, and if your opponent miss you only by a quarter of an inch, you can go at him with all the greater ease from not having placed too great a distance between yourself and him.

Never waste an ounce of strength, and never dodge or hit unless both are likely to succeed, and are made with a definite purpose. Maintain your own stolid good form ; follow your adversary at your own pace. Don't run after him, as that is pumping work, but simply wait until such a time as you can get near enough to deal with him. Then, when within hitting distance, do not be guided too much by his actions ; make up your own mind as to the best plan of attack, and carry it into effect.

The amount of "go" in you on any particular occasion is a measured quantity, neither to be increased or diminished, though you may manage to pull off a terrific hit when every one thought you a beaten man.



LEFT HAND CROSS COUNTER.

CHAPTER IX.

GUARDS AND COUNTERS.

We now come to the important feature of guarding and delivering counter blows

There are, perhaps, few blows more unpleasantly startling than a good left-hand counter which meets you full face. It opens a spacious firmament to the bewildered eyes, wherein you discover more new planets in a second than the most distinguished astronomer ever observed in a lifetime. As your adversary leads off at your head with his left hand, duck to the right, so as to allow his blow to pass over your left shoulder ; step in about 12 inches and strike out at his face. The right foot should not be moved. Here both men have, as it happens, made use of the same stratagem, in consequence of which both left arms have passed harmlessly over each other's left shoulder.

A left-hand counter on the head and guard consists simply in guarding your opponent's lead-off instead of ducking to avoid. You step in and hit out as before.

To prevent your antagonist from hitting after you have led off and passed over his left shoulder, bend the elbow quickly, place your forearm against his throat and thrust his head back. Grasp his left shoulder with your left hand and seize his left elbow with your right hand. This will effectually stop him from hitting you.



A LEFT CROSS THAT FAILED.

CHAPTER X.

RIGHT-HAND CROSS-COUNTER.

Unquestionably the most severe blow which can be dealt in sparring is the right-hand cross-counter.

As your opponent leads off at your head with his left hand, step in about 12 inches, ducking to the left, at the same time shooting your right hand across his left arm and shoulder. The blow should be aimed either at the angle of the jaw or chin, and the palm of the hand should be half turned down. Let both feet be turned slightly to the left, as by these means the right side is brought forward and greater force is given to the blow. As the counter is delivered, draw the left hand back to position, then, should a second blow be necessary, before getting away you can deliver it.

To stop the right-hand counter, while anticipating your adversary's intention, hit him full in the face with the left hand before he ducks ; or, instead of striking at his face, deliver the blow on the right side of his chest near the shoulder, and his right hand will be effectually stopped.

For another stop for right-hand cross-counter, you lead off with your left, dropping the head well forward, so that at the end of the movement your left ear will be touching the inside of your upper arm when the angle of your jaw and chin will be completely covered by your shoulder. Body blows with left or right hand will act as stops for all right-hand hits at the head.



RIGHT COUNTER ON THE BODY.

CHAPTER XI.

RIGHT COUNTER ON BODY.

To do this successfully duck to the left in order to avoid your opponent's lead-off, and strike out with the right hand at a point a little below the heart. The left hand should be drawn back. In all other particulars this blow represents the preceding. For this and the left-hand counter, it will be well to study the right and left-hand body blows, for, with the exception of the circumstances under which they are delivered, and the difference in the distance of the advance made, the blows are the same.

Another draw and stop for right-hand uppercut is made by feinting a lead-off at your opponent's face with your left hand, then duck to the left, and put in the right-hand body blow. Never drop your hands, however, until out of distance. Having done so has brought about many a good man's undoing. After delivering the blow, if you see no chance of following it up with another either over or under your adversary's guard, grasp around the shoulders and waist and hold on until the Referee calls "Break away clean!" Then you can do so by pushing your opponent away from you, taking as much time as you require to do this. Each second thus gained is a breathing spell, and may be beneficial in a long battle.

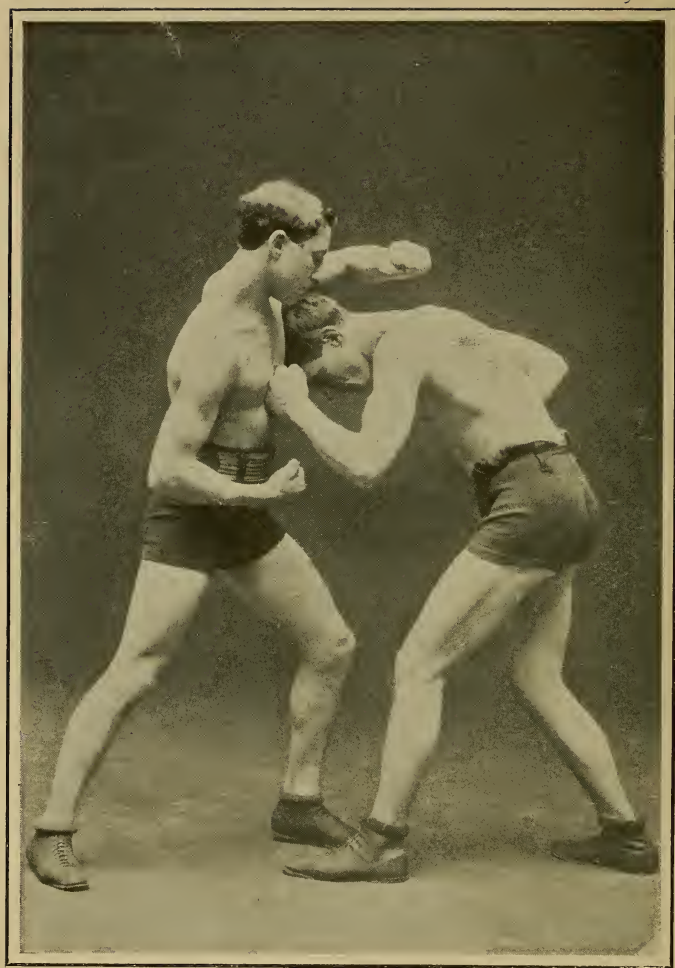


RIGHT HOOK TO THE JAW.

CHAPTER XII.

RIGHT AND LEFT-HOOK BLOWS.

We have discussed the straight blow, and the swinging blow is also easy of comprehension, for the hand and arm perform a half circle, like a well-bent bow. The hook is a medium between the swinging and straight blows. In delivering the hook blow, the fist starts out as though about to make a swing, but before the hand has gone 6 inches the elbow is suddenly crooked and the fist describes a sharp angle in the direction of an opponent's face. If the man at whom the blow is aimed mistakes it for a swing and ducks, he runs on to the jolt hard. If he attempts to parry a swing with his right, he is too high for it and the hook lands under his guard. It has proven to be a very effective and puzzling blow, and the men who have used it have played havoc with their opponents. The blow probably originated with the late Jack Dempsey, who employed it for years. The man who perfected the blow and made it a strong factor in his victories was James J. Corbett. It was that blow which rendered John L. Sullivan helpless and made him an easy victim at New Orleans.



POSITION TO DELIVER AN UPPERCUT.

CHAPTER XIII.

HOW TO DELIVER AN UPPER CUT.

One of the most formidable blows that a boxer can learn is a left-hand uppercut, which is in reality a counter. It should be given when a man is leading off at your head with his left and holds his head down. Guard your face with the right arm, step in about 12 inches, and hit upwards with the left. The arm should be bent and elbow turned down, The force of the blow must come in great measure from the body.

To draw and stop for a left-hand uppercut you feint a lead-off at your opponent's face with your head down, then duck to the right and give the left-hand body blow.

A right-hand uppercut is similar to and delivered under the same circumstances as the left-hand uppercut. In delivering it the head should be slightly bent to the left. For a draw and stop for right-hand uppercut, you feint with the head as if it were your intention to lead off with it down, then throw the head back and lead off at your adversary's face with your left hand.

Another draw and stop for right-hand uppercut is made by feinting a lead-off at your opponent's face with your left hand, and put in the right-hand body blow. Never drop your hands, however, until out of distance.



AN EFFECTIVE KIDNEY PUNCH.

CHAPTER XIV.

LEFT-HAND BODY PUNCH.

Another important blow is the left hand to the body, and should be delivered to the pit of the stomach, which is the weakest part of the body. Occasionally it may with advantage be preceded with a feint at the head, in order to induce your opponent to throw up his right-hand guard and lay the "mark" open. With the ball of the right foot well on the ground, step in about thirty inches with the left foot, hitting out at the same time and ducking to the right. In the event of your adversary attempting to counter you with the left, your head will thus be outside his arm, which will pass harmlessly over your left shoulder. For this blow the arm should be slightly bent, the elbow turned out, and the palm of the hand turned inwards and partly down. The right arm should in the meantime be drawn back seven or eight inches, and the glove held close to the side. To get away, turn the left heel outwards and spring well back, taking care not to raise the head until out of distance.

This blow should never be attempted unless you are confident that you have sufficient room behind you to be able to get well away again.

To stop this blow depends much upon divining your antagonist's intentions and being able to accurately time your delivery so as to hit him full in the face with your left before he can get his head down. Your blow must start simultaneously with that of your adversary, and all depends upon which one reaches the mark first. Your right arm thrown across your body stops his punch.



RIGHT HAND BODY BLOW.

CHAPTER XV.

EFFECTIVE USE OF THE RIGHT HAND.

The importance of being able to use the right hand effectively could be dwelt upon at considerable length. Its availability for summarily ending a contest has been recognized by many fighters who lacked science but possessed the requisite amount of strength to overcome the advantage of a superior knowledge of the fistic art. Even among clever boxers the right shift, as it is called, is frequently used to advantage to disconcert an opponent and make an opening for the deadly solar plexus punch. The opportunity is made by feinting with the left, hitting your opponent on the right arm. Do not withdraw your hand, but as he raises his guard rest upon it with your left and pin it to his chest, then bring in the right hand, aiming it at the chin or angle of the jaw. Properly delivered, this is a most punishing blow, for by steadying yourself with the left hand you can bring your full force into play with the right. There are many variations of this blow which will present themselves to the student during the course of practice. Some boxers make a practice of standing in a position contrary to the one generally recognized as the correct one, that is, with the right foot forward. This places his opponent at a disadvantage.

To overcome this, work to your left in order to avoid his left hand. Be chary in leading off with the left hand, as that is at once difficult and dangerous. It is far better to lead off with the right hand and duck at the same time to the left. When your adversary leads off with the right hand, duck to the left and counter either upon the face or body.

The blow on the face must be given like the right cross-counter, and the one on the body like the right-hand body blow, except that you must aim at the pit of the stomach instead of at a little below the heart.

To bring in the right shift, which is an exceedingly useful maneuver, you lead off, tapping your adversary lightly on the chest or right arm; do not then retire, but as he comes at you duck to the left, make another step forward and pass under his right arm, delivering a straight right at his body as you pass.



ON THE SOLAR PLEXUS.

CHAPTER XVI.

RIGHT-HAND BODY PUNCH.

Next we come to the right-hand body punch, and it can be made very effective if it lands over the heart or the solar plexus. To deliver it you use directly opposite methods to those involving the left-hand body blow—that is, you duck to the left instead of right, consequently you must get nearer your opponent before attempting it. Be sure always that you have sufficient room behind you to retreat.

Should he attempt to put his left arm around your neck while you are delivering this blow, duck to your right under his arm and get away. This should always be done when your adversary attempts to seize your head. When your opponent stands with the right leg in front, you must duck to your left.

Here again the guard and counter are the same, using the right hand as a shield held firmly against the body ; stand firm, so as to be able to resist the rush, and shoot your left hand straight for your adversary's head.



SCIENTIFIC EXCHANGE AT CLOSE QUARTERS.

CHAPTER XVII.

CLOSE FIGHTING IN THE RING.

The advice given in the preceding chapter was intended for emergency use, but infighting is a feature of action within the ropes which cannot be lightly considered. As is well known, "holding" is not permitted by a strict interpretation of the Marquis of Queensberry rules, but when the other fellow throws his hands out for a clinch it is well to know what to do.

Bring the right foot forward until it is nearly in a line with the left, drop the chin and lean forward, so as to receive the blows on the forehead. Keep your eyes fixed on your antagonist. Use both hands and hit rapidly, bringing the shoulder well forward at each blow. The arms should not be drawn too far back, as time is lost thereby; a great deal of the force of the blow is obtained by turning the body slightly to the right or left as you hit. It is a great advantage to have your hands inside your opponent's; you should, therefore, keep them as close together as possible, so as to obtain, or, if you already have it, keep this advantage. Aim the left hand at the eyes and nose, the right at the chin or angle of the jaw. After delivering five or six blows, get away.

Another way is when you are infighting place your head close to your opponent's breast. Take your time and change your position slowly, as he cannot hurt you much while your head is close into his breast. The blow you give in this case is a half-arm cross uppercut for the right point of your adversary's chin. In every case where the left blow is delivered the body should turn to the right with the head slightly bent forward as the blow is struck. The knees should be well bent while the body is swinging with the blow, and the teeth should be tightly closed.



OPENING FOR INFIGHTING.

CHAPTER XVIII.

GOOD POINTS ABOUT INFIGHTING.

This reference to clinching for a breakaway brings us to the subject of infighting.

Holding is not permitted nowadays as it was in the days of the London Prize Ring Rules, and the style of infighting has changed materially from what it was when you could grasp an opponent around the neck, and, holding him, punch, and keep on punching, until he either wrenched himself clear or slipped down to avoid punishment, or was thrown. In a street fight it is an advantage to get a man's head in chancery, for it enables you to throw him at will. There is no set method for getting such a hold upon your opponent. When at close quarters, be continually on the lookout for a chance to do so, and, when it comes, grasp him firmly about the neck with the left arm, using the right hand to punish him.

It is equally important for a man to know how to get out of it when firmly and fairly caught in the hold. The best thing to do is to wait and not try, at least unless the hold loosens and he can make his effort with some chance of success. In pulling away or resisting, he is simply weakening himself. He should, therefore, push his opponent back, and at the same time fight to the best of his ability with both hands. If, however, he discovers the danger before the grasp has tightened, he should place one hand under his adversary's forearm near the elbow, the other under the shoulder, and push the arm up, ducking at the same time and dragging the head away.

In an impromptu fight between a small man and a big one infighting is the only way for the former to gain the mastery. The little fellow naturally has the shorter reach, and he must, therefore, get inside his foe's guard. If the difference in height is great, the smaller man must play for the wind. He cannot reach his rival's face, and the solar plexus is his best blow.



BLOCK AND CORKSCREW PUNCH.

CHAPTER XIX.

THE CORKSCREW PUNCH.

In connection with "tricks of the trade" special consideration is given to what is termed the famous corkscrew punch invented by Kid McCoy, one of the trickiest as well as one of the most marvelously expert fighters ever seen in the ring. The secret of his success was due to his study of possibilities. While others blocked, or went in slam-bang, McCoy studied how to get past a lead and land with damaging effect. His foot-work was perfect. His judgment of distance next to uncanny. The accuracy of his short-arm work nothing if not marvelous. In boxing position he looked solid on his feet and a slow hitter, but in action he was confusing and deceptive. His movements were slow, deliberate and strangely original. His two arms with the elbows out and the gloves nearly together, swinging slowly to and fro across his body. The feet make moves that further this impression, and the man before him usually leads to nip matters in the bud. But the "Kid" has only been feinting for that lead, and as it comes he slips past and into close quarters.

Then McCoy demonstrates what is possible in such a position. He is too close to do damage, it seems, but McCoy has figured this and knows better. His arms are not in position to protect him, but drawn back at the sides.

One suddenly blocks like a flash, the other revolves like a corkscrew and rips into the man's body. Then, with the speed of lightning, it bangs into the face. The block is abandoned and the other hand jolts the body and then the jaw.

The spectator gets a confusing glimpse of two arms working like a runaway rock drill, and McCoy is again moving easily about with his half-bent arms swinging before him. His opponent confused and angry at this unexpected behavior, rushes at the "Kid" like a mad bull. But the "Kid" is away like a shadow; and the angry opponent finds nothing in the place McCoy occupied. If the man rushes again McCoy breaks ground or blocks. When he has his man quiet he begins his work over. He does not take chances. An angry man is liable to do awkward things, and a clever boxer can be hurt by awkwardness more than by cleverness



WHERE THE REACH TELLS.

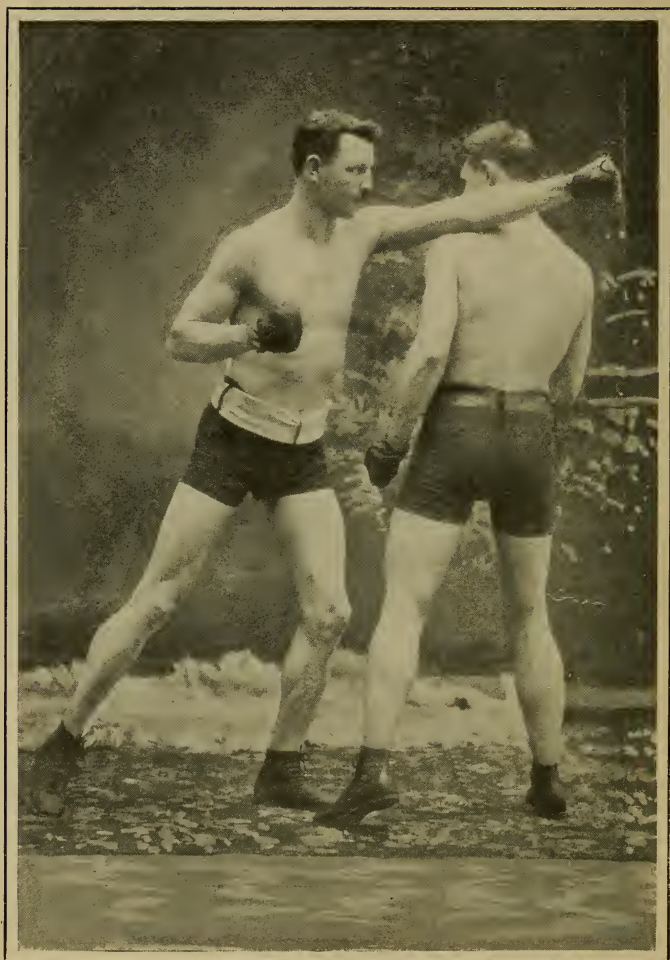
CHAPTER XX.

PIVOT BLOWS.

Regarding the pivot blow I want to say, first of all, that it is a very dangerous blow, and should never be practiced when sparing with a friend. If it is done properly there is a great advantage in its use, but if one does not know how to do it right he had best not attempt it at all, as he will only hurt himself and commit a bad foul. This pivot blow is a comparatively new invention in boxing, but as far as I can learn it was never known or used by the boxers of the old school. Several well-known boxers claim to have invented the blow. Often in a fight it can be used with very good results, and it can be delivered in several different ways

Perhaps the best way is to wait until your adversary leads with his left, instantly stop it with your left, and as you are stopping it turn or pivot with the right arm slightly bent and the palm of the hand turned down and the hand closed. If you have calculated right the right side of the right hand should land good and hard on the right side of your adversary's jaw or on his jugular. A different way of delivering the blow is by trying to get your opponent to run after you. Let him get as close as possible and when within reach spin around as quickly as possible. This is the way that Jack Dempsey was defeated by George La Blanche.

Still another way to get in the pivot is when you are forcing the fighting, and have got your man so that his back is touching the ropes. This will bother him some, as a matter of course, and he will try to get away from the ropes or out of the corner, as the case may be. Then is your time to feint at his stomach, and at the second or third feint, turn as I have stated in the first method, but the head must be bent forward in this case. The proper way to pivot is to turn or spin around on the ball of the left foot, lifting the right foot from the ground and swinging it around. This will add force to your blow. If you should miss the pivot blow you will find yourself in a splendid position to deliver the shift.



SIDESTEP TO AVOID A LEFT LEAD.

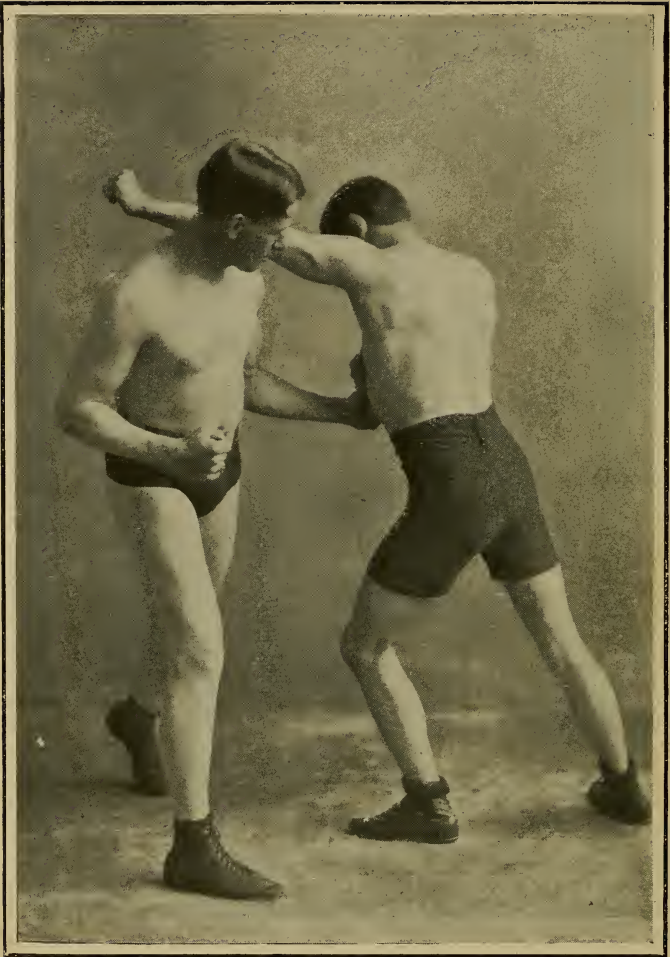
CHAPTER XXI.

EFFICIENCY OF GOOD FOOTWORK.

To handle your feet well—if such a manner of expressing it may be used—is one of the most essential qualifications of a master of the art of boxing. Jim Corbett exercised considerable ingenuity in devising methods of footwork, and his exhibitions in the ring were marvelously showy. He was fast as lightning; fancy to the last degree, always moving, shifting, feinting, full of pyrotechnics and blazing in a glare of red fire—all due to the masterly manner in which he “handled his feet.” A knowledge of good footwork can only be gained by practice, and much depends upon the student’s agility. The first important thing he has to learn is how to “break ground.”

In leading off at the head your right foot will be raised from the ground. As you set it down again and the weight of the body is transferred to it from the left leg, spring backward. The left foot should touch the ground first, alighting on the same spot upon which you formerly placed the right, which then assumes its natural position in the rear. For other blows, although the right foot is not raised from the ground at the moment of striking, the movements in “breaking ground” are precisely the same, for the moment the weight falls on the right leg you spring back as before described. Then you must be able to advance and retreat without throwing yourself off your guard. In going in to attack move the left foot about ten inches forward, placing it upon the ground heel first. Let the right foot follow it the same distance. Bear in mind that the space between the feet should vary as little as possible. If you wish to retreat, step back about ten inches with the right foot, following it in like manner with the left. To take ground to the right, move the left foot about twelve inches to the right, following it immediately with the right, and assuming again position No. 1. To take ground to the left, move the right foot twelve inches to the left, and place the left directly in front of it.

By adopting these steps the right foot is always behind the left, you are always in position, and, consequently, ready either for attack or defense.



SIDESTEP FOR A SOLAR PLEXUS BLOW.

CHAPTER XXII.

WHERE THE SIDESTEP IS USEFUL.

In a previous chapter on how to avoid being hit I referred incidentally to the sidestep. You will find this move exceedingly useful in avoiding a rush or in getting away when you are driven back against the ropes. To explain this more effectively we will suppose you to be in position facing your adversary. By a sudden movement of the feet, half spring, half step, you turn the body to the right, change the relative position of the legs, with the right instead of the left leg in front. Your left should now be turned towards your adversary, the line of your feet being at right angles to the line in which they formerly stood. The left foot should be upon almost the same spot formerly occupied by your right. If your adversary advances hastily and without caution whilst you are in this position, he will be apt to trip over your left leg. Bring the left foot into position before the right, and you will then stand a pace to the right of your original position. If this step is executed rapidly, you elude your opponent, for he will no longer be in front of you, and, consequently, you can easily get away from the ropes. A combination of the sidestep and "breaking ground" should also be practiced. Spring back, as if "breaking ground," and alight in the posture before described as that of a fencer on the lunge, with the body turned to the right, bring the left foot into position before the right, and you thus get back and work to the right of yourself at the same time.



SHIFT FOR A RIGHT HAND COUNTER.

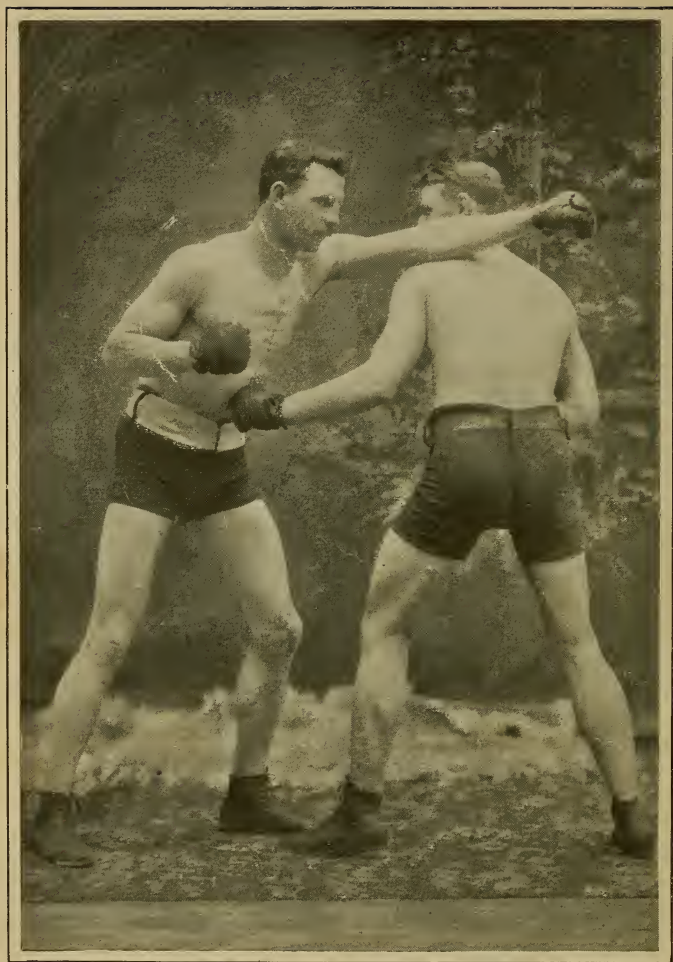
CHAPTER XXIII.

FEINTS AND SHIFTS.

Feinting is considered the greatest of all the legitimate tricks of the ring, and it is proficiency in its use which makes a pugilist clever more than anything else. There is an almost numberless variety of feints; in fact they are too numerous to describe, and I don't know as they are describable so that a person unaccustomed to seeing sparring would be able to understand what was meant. Feinting can only be learned by practice and experience. There can be feints with both hands—at the head, at the stomach, at the heart, etc., and a man can feint with his knees. Such blows as the pivot and the shift I consider tricks of the ring, and they are very good tricks, too, if one knows how to do them well, and blows delivered by these two methods are among the most powerful and effective that can be hit.

What is known as the Fitzsimmons shift can be accomplished in several ways. The first is to feint with your left, then step in toward your opponent, placing the right foot in front of the left and at the same time change the position of the arms, bringing the right up across the face with the elbow pointed toward your opponent. The left should have been brought back when you stepped in with your right, and should immediately be let go at your antagonist's head or stomach, whichever you think can be reached the easiest. As you strike, the left foot should be lifted from the ground and your body swinging with the blow will give it great force, while your left foot is brought back into its proper position as the body is swung around toward the right. The head should be slightly bent forward in doing the shift.

The second method is to wait until your opponent leads with his left, then immediately bring the left foot behind the right, pointing the right elbow as before, with the left hand in front of the stomach. Strike at once with the left hand for the face or stomach, at the same time bring up the left foot to its proper position



DODGING A STRAIGHT LEAD.

CHAPTER XXIV.

HOW TO PRACTICE.

In boxing as in every other vocation, practice makes perfect, and it is only by utilizing the suggestions given in the previous pages, in connection with the utilization of them in actual practice with the gloves and an opponent can perfection be obtained. Spar with any one who invites you to do so. The more your superior he is, the better. Be afraid of no one until you have tried him. Do not be too impetuous; try to outgeneral your opponent; work out as many points as possible, science is superior to strength in this respect; if you drop your science and rush in, strength will surely win. Never lose your temper, remember that cool courage is superior to hot headedness; never degenerate into a rough, unmeaning, unscientific scramble. Be manly and seek no undue advantage.

Practice each blow slowly at first and increase the speed gradually until the blows are made smartly and in as rapid succession as possible, but not omitting to return to the position, on guard, after each blow. In this manner, alternately going through all the guards and counters opposed to each blow in order described. Continue in this manner until you have mastered the theory of each movement.

If, in attempting any particular maneuver you do not at first succeed, wait until you have another and more favorable opportunity and try it again.

To make a good set-to it will be necessary for the pupil to pay particular attention to the following maneuvers; they consist of feints, to draw out any particular blow, and stops or counters to oppose them when delivered.



CLEVER LEFT HAND WORK.

CHAPTER XXV.

EXERCISES FOR THE NOVICE.

Left-hand body blow (get back).

Right-hand body blow (get back).

Left-hand lead off at the head, guarding with the right (get back).

Right-hand cross-counter (get back).

Lead off at the head with the left and duck to the right (get back).

Right-hand body blow (get back).

Lead off with the left at the head without guarding (get back).

Right-hand cross-counter (get back).

Left-hand body blow (get back).

Lead off with the left at the head and duck (get back).

Lead off with the left hand at the head without guarding (get back).

Right-hand cross-counter (get back).

Left-hand lead off at the head and duck to the right (get back).

Left-hand body blow (get back).

Right-hand body blow (get back).

Lead off with left at body, then make a short step in and repeat the blow on the face (get back). (*This is the double lead off at body and head*).

Lead off with left and right at head (get back).

As your opponent retires, advance quickly then step in and deliver the left on the face (get back).

Both men lead off with the left and guard (get back).

Lead off with the left hand at the head (get back).

Right-hand cross-counter, remain and commence infighting; deliver five or six blows and get back.



DUCK AND LEFT BODY COUNTER.

CHAPTER XXVI.

TRICKS OF THE RING.

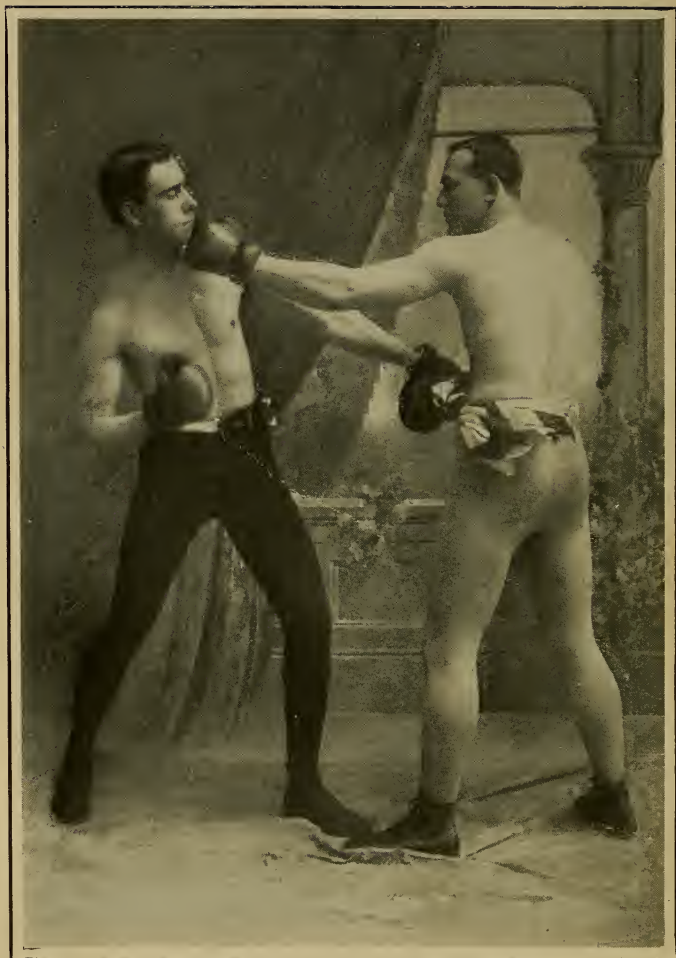
Having passed the rudimentary or instructive stage of boxing it is of some consideration to the novice to learn some of the so-called "tricks of the trade," or features of boxing or fighting which have brought our foremost pugilists into prominence. All the leading exponents of modern pugilism have specialties which they consider quite as unique as the artisan or mechanic who enjoys the possession of certain secret knowledge by which he achieves superior results. John L. Sullivan discovered the efficiency of a sturdy blow on a certain vulnerable spot on the jaw which rendered an opponent unconscious or "knocked out." From Sullivan down to the most obscure fighter, each has certain methods which he employs to accomplish certain results. Some are blows which are peculiarly and effectively delivered; for instance, that famous body blow with which Fitzsimmons whipped Corbett and Sharkey, and with which Sharkey in turn beat McCoy, and which has proved so effective in the case of Jeffries against all comers has become the fashionable blow of pugilism. The body blow has quite superseded the jaw blow first made famous by Sullivan, and which for many years afterwards was the regulation winning punch—the knockout potion. It was Sullivan who first displayed the potentiality of the knockout by way of the jaw. It was Fitzsimmons who made the body blow famous. The methods of Fitzsimmons and Jeffries differ a bit. Jeffries works the body blow by continuous punching, rapping and hitting, wearing his opponent down in the course of a fight. Fitzsimmons uses it just once; and wins right then. The success of both Fitzsimmons and Jeffries has made the body blow fashionable with biffers. Every fighter is now going in for body punching. The body is easier to hit than the jaw, for the jaw presents a smaller assailable surface and is more easily manipulated; that is, taken out of the way of a punch. The soft body presents a good, big, semi-stationary mark. If the boxer misses his object he lands on a soft surface and takes no chances of hurting his hands, as he



INSIDE RIGHT TO THE JAW.

often does when aiming at the jaw. A slight duck to a jaw punch brings an opponent's hard head down to your vulnerable knuckles. From a standpoint of safe punching, the body is the best mark. Eminent medical scientists say that it is the most effective point on which attack can be made. A punch in the abdomen affects an immense surface and contingent territory of soft nervous tissue. A stiff, hard punch, such as Corbett got from Jeffries, will cause an internal hemorrhage. This hemorrhage lowers the action of the heart in extreme cases, so much so that motion is impossible, though the senses are perfect, untouched and unaffected.

The solar plexus is a great nerve centre, with nerves radiating in every direction. It lies near the back of the body, but is not easily vulnerable from the back because of rib protection. In front there is no protection except the muscular walls of the abdomen. A solar plexus blow must, therefore, be delivered from the front to be effective. This nerve centre is so intimately connected with all the automatic processes of life—heart and lung action included—that a single blow delivered on the front of the body and immediately opposite it produces instant and complete paralysis. Or, as the prize fighters phrase it, "it puts your man to sleep." One single blow delivered there—even though it be not a very severe blow—knocks out the man who receives it. The short way to end a fight is to deliver a solar plexus blow.



CLEVER STOP AND EXCHANGE.

CHAPTER XXVII.

A FOUL RING TRICK.

Some fighters will resort to any mean, small, filthy trick to help them win a fight. Here is a little unfair trick which I have seen practiced by a certain pugilist and which escaped the notice of the referee. It was a blow below the belt with the left, though it was ostensibly aimed to land in the pit of the stomach. As the man steps in to deliver it, however, he twists his hand downward and the blow lands considerably below the belt and is liable to do a great deal of damage in a fight, and would escape the attention of the referee and most of the spectators ninety-nine times out of a hundred, although in all probability the man receiving the blows would be out of the fight long before he had been struck a tenth of that number of blows.

As a matter of course it is unfair when two boxers are clinched for either one of them to strike when breaking away. It is often done intentionally and is passed over by the referee on the supposition that frequently a man in the excitement of the moment forgets himself and delivers the blow without the least intention of doing anything unfair. There are pugilists who strike the blow intentionally every time they get a chance, and then say it was accident.

There are many tricks which can be done with the elbow or knee. Of course they are fouls and should be claimed by the man upon whom they are practiced. Nevertheless, unscrupulous pugilists often use their elbow when clinched, placing it against their opponent's throat and forcing his head back, or in the pit of the stomach and pressing it with all their strength right at the point where it will do the most damage to their antagonist's wind. It is also at close quarters that the knee is used, and a blow from it often passes either unobserved by most of the outsiders and the referee, or is done so adroitly that it looks as if it were an accident.

Every one knows that a butt with the head is a foul, and yet I have also seen this done so neatly by a foul fighter that the fight went on without the referee even cautioning the man; and



RIGHT STOP AND LEFT HOOK.

in the fight I refer to it was this one butt more than anything else which caused the man to win the fight. Back-heeling is also a foul, and a man should be very careful when breaking away from his opponent that he is not cleverly back-heeled in a manner which will make it look like an accident, and thrown heavily to the floor. Most rings are pitched on board floors, and I have known a man to be knocked out by back-heeling and having his head strike the timber.

Another trick which has been used very successfully by some boxers when contesting under London prize ring rules is when wrestling with an opponent to make it a point to fall heavily on top of him, crushing the wind out of him as much as possible. Then some tricky fighters, when they feel tired and want to gain time and wind, will fall down when only the faintest suspicion of a blow is struck and sometimes without being struck at all, thereby being enabled to take their ten seconds on the floor and get just as much rest.



READY TO BLOCK BODY LEAD.

CHAPTER XXVIII.

SCIENCE VS. STRENGTH.

Mere cleverness does not win fights as often as it used to. The day of the merely clever boxer is at an end. A new race of sturdy fighters has sprung up who win battles by hard and constant hammering, coupled with ability to receive, without winking, all the jabs, swings and uppercuts that the clever boxer is disposed to turn loose. The man who expects to win by head work alone is usually quick on his feet, has an extensive knowledge of boxing, can duck, dodge, sidestep and feint with puzzling celerity; but, for some inexplicable reason, is unable, or else does not choose, to hit with sufficient force to make an impression on an opponent. This scientific boxer relies on his footwork, shiftiness and other tactics to win the fight for him. He seldom expects to win by a knockout blow, and is quite well satisfied if he gets the decision on points.

The reason that he fails to hit hard enough to accomplish a knockout is that in the act of delivering a blow at full force he would be compelled to temporarily relax his guard, and thus leave an opening for his opponent. It is the prime object of the scientific boxer not to give his opponent the slightest possible chance to land an effective blow.

When the boxer has succeeded in jabbing and worrying an opponent to a dazed condition he may venture a knockout blow, but the exception is the rule.

Opposed to this man of science is now the rugged fellow, who punches like a trip hammer and is willing to take six jabs in the face for one drive on the body or jaw. This fellow is not deficient in science. In fact, he could box with his light-hitting antagonist and might get a decision on points, but he knows the surest and quickest route to victory is by cyclonic punishment administered to the body and face of his opponent. Therefore when one of these hard hitting, punishment-courting fellows gets into the ring with a light-hitting, dancing, jabbing, side-stepping expert, the former loses little time in rushing to close quarters and bringing the bout to a close as quickly as possible.



BODY FIGHTING AT CLOSE QUARTERS.

It is worthy of attention that the scientific boxer seldom possesses sufficient vitality to enable him to long withstand the rushes of a strong punisher, and in recent years the result of contests between those types of fighters has almost invariably been in favor of the rusher.

It should not be understood that all that is necessary in a fighter of that description are strength and ability to hit hard. As a matter of fact the strong man with no knowledge of science is the easiest victim for the clever boxer, who worries his man to the verge of a knockout by the customary tactics of the scientist.

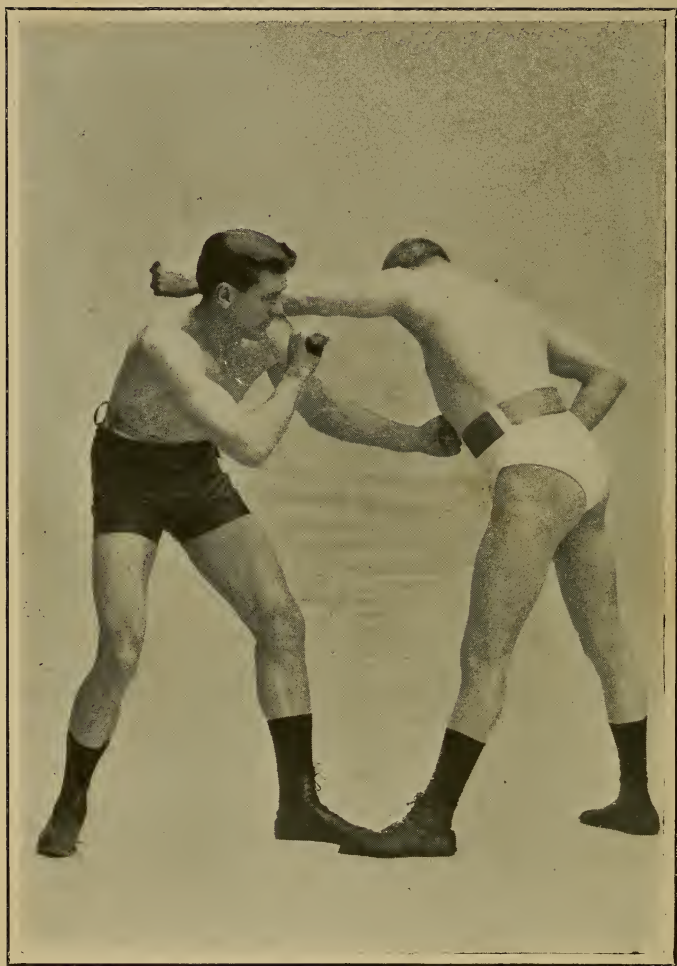
The strong fellow who is now steadily winning over the finished boxer is not only scientific, but in addition possesses coolness and judgment to a remarkable degree. He is a fine judge of distance, and he seldom wastes a blow. He can feint and draw jabs from his opponent which gives him a chance to let fly a shot which may win the fight. He does not waste steam on wild swings, most of his efforts being uppercuts or straight drives for the body or jaw.

Were he awkward or his attacks ill-judged, the clever man would discount his efforts, but his assaults are made with such coolness, judgment and precision, the scientist succumbs in nine cases out of ten.

Previous to the advent of James J. Corbett, the plain, ordinary slugger of the John L. Sullivan type had everything his way. Then came Corbett's tactics, which baffled the slugger and brought a new system of boxing into vogue.

Then a new combination of cleverness and scientific punching has put the fancy boxers in the shade.

Some new devices will have to be originated in order to discount the tactics of the present race of victorious fighters, and their appearance will be watched with interest.



HEAD DODGING IS EFFECTIVE.

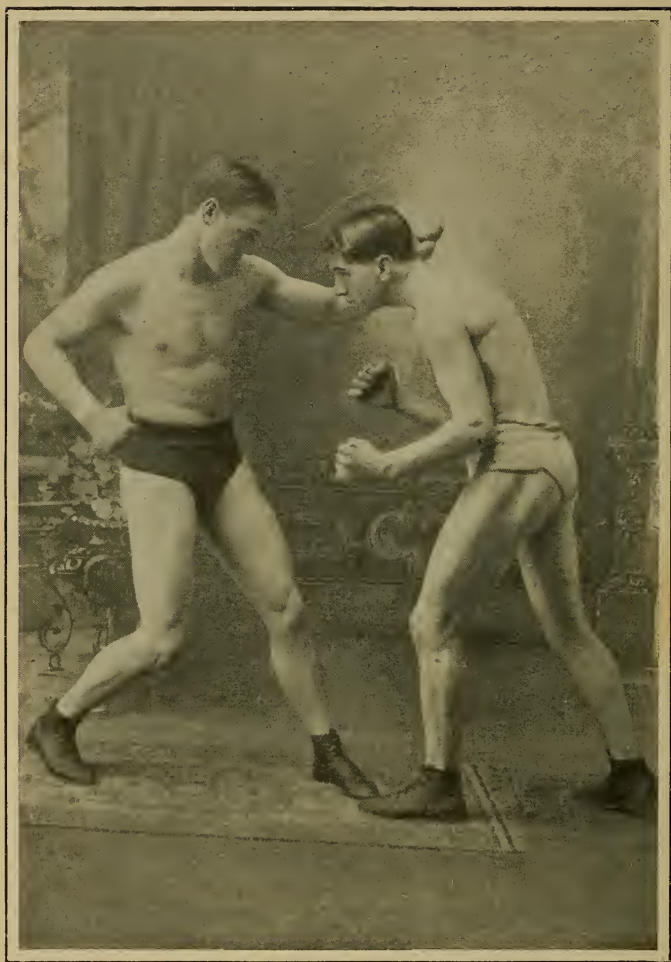
CHAPTER XXIX.

TREATISE ON TRAINING.

Every pugilist or trainer of pugilists has his own peculiar little wrinkles and ideas which he believes are beneficial to him in reaching the acme of physical perfection so essential to success in the strenuous profession of fighting, and in the following chapters I shall endeavor to express the opinions of men who have become eminent either as fighting men or trainers.

To be a good trainer a man must be a first-class reader of human nature. I don't suppose any two athletes living are of exactly the same temperament. Some are naturally stout, some naturally thin, and then again some are of a nervous, irritable disposition, while others are cool, never getting excited and are good natured.

In the olden days, and in fact up to within a comparatively few years every trainer of athletes had a set code of rules for training men, and each followed his code out to the letter on every man who came under his charge. For you must know that one of these old-time trainers would as soon think of cutting his hand off as to either forego one rule or add another to his set of training laws, which he had learned by heart as a boy and faithfully carried into practice as a man. Now I don't pretend to know whether I am right or not in saying that I think the trainers of to-day are far in advance of those of thirty years ago, but such is my impression, and you must take it for what it is worth. In my opinion, as no two men are of exactly the same physical condition or temperament, no two men ought to be trained exactly alike, for training is like medicine, what is one man's cure might be another's poison. That is why I say that to be a good trainer a man must be a fine reader of human nature, and having been with his man for a time in order to find out all his little peculiarities of disposition, etc., should start in to train a man according to the manner in which he has read his nature.



READY TO BLOCK A BODY BLOW.

CHAPTER XXX.

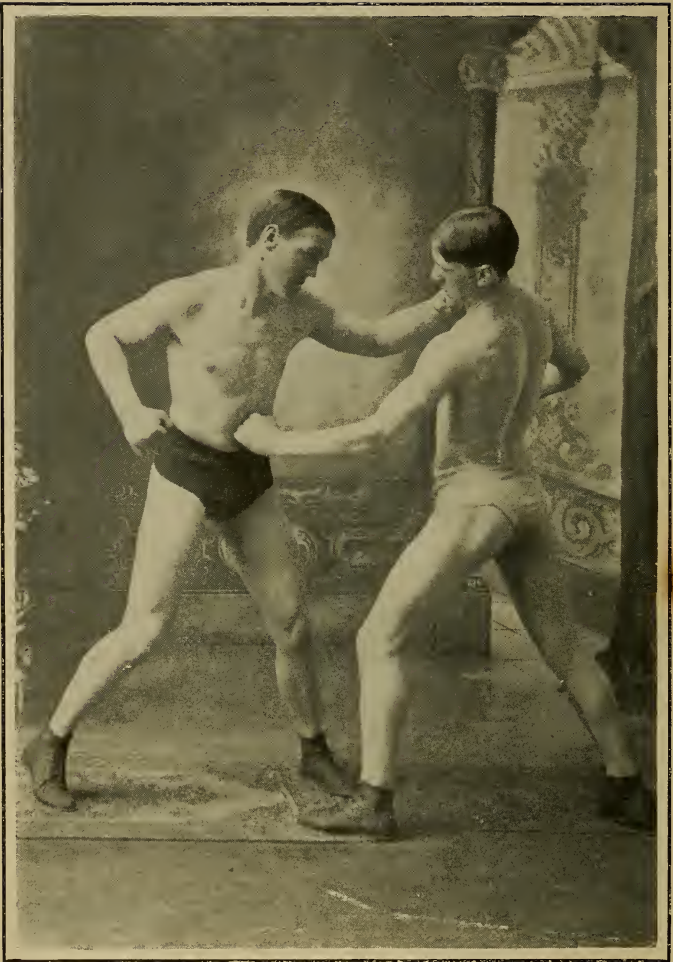
PROF. MULDOON'S METHODS.

Professor William Muldoon, the former champion Græco-Roman wrestler of the world, has had experience in training such famous exponents of the fistic art as John L. Sullivan, Jack Dempsey, Jake Kilrain and "Kid" McCoy, which qualifies him to talk intelligently on the subject of training. His own robust appearance in itself is an indorsement of the methods he employs at his sanitarium. The professor tells how he built up the shattered physical wrecks of the dissipated or overworked, and placed pugilists in the ring fit to fight for their lives.

"There are no rules for training a man. There can be none," says he. "Proper training for one man would break down another. Individuals and their physical needs vary as widely as do the seasons. I have never yet found any two men on whom the same treatment would have the same effect. Common-sense application of the laws of nature, plain food, fresh air and out-of-door exercise are all that are needed to perfect a man's physical condition.

"I claim there are no set rules for training, and my method is to watch my man and note the effect of the course. It is not easy to make a mistake if you apply a little common sense to your methods.

"When I have a pugilist in training I have him out of bed at 8 o'clock every morning. There is no getting out of this. He must get up promptly at that hour. Once out of bed he first goes through a dumbbell exercise, using one pound bells; then with salt water taken from the ocean he is sponged off, after the chill has been taken off the water. Then he is given a thorough rubbing down, both with hands and towels. After dressing he goes for a short stroll in the sun. Breakfast is ready when he returns. It is not an elaborate affair, but consists of cracked wheat or oatmeal well cooked, tea and toast, soft boiled eggs, and either a piece of fried chicken or one chop. There is but one kind of meat and very little of that.



JUST BEFORE A CLINCH.

"Then for an hour he reads the papers, after which he dresses for a walk in good woolen clothes. Particular care is taken that his feet are comfortably dressed. He starts out at an easy pace. I always try to pick out a new walk every day so that it will prove interesting. If possible, I like to have a good many hills to clamber over, as climbing up and down hill exercises two sets of muscles. Cross-country runs are the best in the world. A distance of seven or eight miles is at first covered, increasing the pace gradually. When about one mile from home I start him into an easy jog.

"This is kept up until within 100 yards of the house, when we spurt to the room. Inside the room he is undressed as soon as possible and wrapped up in a blanket or robe. Then I give him a swallow of hot water and gin or hot lemonade to warm his stomach. After a sweat of a few minutes he is rubbed down with coarse towels, and again wrapped up in dry blankets. Once more he is rubbed down with towels, and then for half a minute stands under a salt water shower.

"Again he is rubbed down; this time the attendant wrings his hands until the skin is dry and smooth. Then he dresses in good warm clothing, and after half an hour's rest sits down to a hearty dinner of boullion, roast beef or mutton, plenty of vegetables and half a pint of good Burgundy. He is not given too much meat, as meat makes the stomach feverish. If he is not hungry I do not give him anything to tempt his appetite, but let him regain it in a natural way. For the first two or three weeks I do not give him any liquor at all; only boullion or calvesfoot jelly or tea. When at weight Burgundy is allowed, but only a pint a day, taken at two meals—dinner and supper. After dinner, say two hours after, he punches the bag, skips the rope, and spars with me for an hour.

"Then he is sponged off and again rubbed down. Half an hour later he has his supper, consisting of apple sauce and fruit, toast, half a pint of Burgundy and a piece of cold chicken and jelly. The evening I try and make pass as pleasantly as possible in some form of amusement, and by nine or ten o'clock he is in bed, after having a good hand rubbing. He always sleeps between blankets.



A KNOCKOUT PUNCH.

I do not insist on his going to bed unless he feels like it, but after a day's work he generally likes to rest. Such is the treatment I give him. As the time for his engagement draws near he will be made to work harder. He will run more and walk faster, and punch the bag for a certain number of three-minute rounds with the usual one-minute rest. Then I find out what distance he can cover in three minutes, and measure it off. I let him run that distance, rest a minute, and then run it over again, keeping this up for some time. That is how one man would be trained, but the same treatment would not agree with another man.

"This stuff about men doing fifteen or twenty miles on the road before breakfast is all bosh. They don't do it. It would fag them out and break their spirit.

"Three weeks of actual training should put any one who is not afflicted with some organic trouble in good shape, though he should have one month's preparation for this training. What I mean by preparation is this: If a man has been addicted to liquor, cut off his supply. He should go on a sea voyage or out into the country, where he can have pure air, rest and quiet. He should eat plain, common food, and be regular in his habits. A month of this will put him in shape for the work of the training proper."



OPENING FOR A KNOCKOUT.

CHAPTER XXXI.

FITZSIMMONS' METHODS.

"If I were preparing a man for an important battle," said Bob Fitzsimmons, "on first taking charge of my man I would give him an emetic, which would cleanse his system from his stomach up, and a physic to cleanse him from the stomach down.

"The next morning after giving the emetic I would have my physic ready and give it to my man as soon as he rose, and I would take care to get him out of bed at sunrise every morning all through his training. Now, of course, there are many physics which could be given, but most of them are griping in the extreme, and I would recommend all trainers to try the following, which I have found the best in my experience. It is made by mixing four ounces Epsom salts, two ounces of senna and twelve ounces of Spanish licorice. Place the whole in six pints of water and, keeping the cover on, boil until the licorice is dissolved. Then remove the pot from the fire and place it in water to cool. When cold bottle the mixture up tight. This should be given to your principal as follows: A small wineglassful every morning before dressing, for the first week; half a wineglassful every morning for the second week; take the same dose three times the third week, and on the fourth take only one dose on Sunday morning. This medicine will not weaken a man in the least, but will cleanse his system thoroughly. The next thing I would look out for would be the man's hands (I am supposing that I am training a man for a fight). Pugilists, as a rule, have considerable trouble with their hands, as they are often liable to get broken badly in a contest, or if a blow is not landed in the way it is intended a bad sprain is often the result. Some trainers use a sort of pickling solution with which they pickle the hands, face and neck, in order that a blow will not cut the skin so readily. If my man had a very tender skin I might use something to toughen and harden his face, but as a rule I don't think that pickling the face and neck does any good. My own skin is very tender, indeed, but I never tried to toughen my face by pickling, preferring to use pure alcohol, which in a measure answers the same purpose, and is at the same



CLEVER BLOCK AND BODY PUNCH.

time very refreshing. To the hands, however, too much attention cannot be paid, and I have found nothing better than corned beef brine. This does not smell very nice, it is true, and should be applied three times a day after eating. I would never allow my man to apply it before eating, as it might affect his stomach, which would be bad. But, although the brine does not smell anywhere near as good as Florida water, it does the business, and that is all that is required. After the brine is applied and well rubbed in, the following liniment should also be rubbed in. It can be obtained at any first class drug store, and the ingredients are as follows; Laudanum, three ounces; spirits of hartshorn, four ounces; alcohol. one quart; iodine, two ounces; eucalyptic, three ounces. These mixed up together with ten cents worth of horseradish and five cents worth of alum, make a liniment which cannot be equalled for strengthening and hardening the bone, and when applied and well rubbed in it has a tendency to make a man feel fresh and strong.

"I should always start my man on his daily exercise at sunrise. Rising from his bed, he should bathe and carefully brush his teeth, after which I would give him an egg well beaten up in a small quantity of sherry; this more to stay his stomach and strengthen him until breakfast time than anything else.

"Then I should take him for a short walk, say of about a mile, returning for breakfast, which should be on the table the moment we got back.

"The breakfast for my man would consist of dry toast, boiled or fried eggs (and if the latter all fat should be carefully drained off from them), and weak tea, without milk or sugar, would complete the repast. I would then sit down with him and either read the daily papers to him or allow him to read them himself until 9 a. m., when we should start out on the road for a spin. The reading of the papers would give both of us something to think and talk about while on the road, and thereby relieve the monotony. For this spin on the road my man should wear heavy sweaters or light ones, whichever I thought best to use, heavy if the weather was cool and light if the day was warm. As to the distance, I would change that a little every day, going perhaps ten miles (five



DODGING A STRAIGHT LEAD.

miles and five back). But I would take good care not to tire my man out too much with his morning spin, as too much running is as bad as not enough. Most of the running would be done on the homestretch. so that a good perspiration might be gotten up. Getting back to the training quarters, I would sit my man down in a warm room out of all draughts, so that he would perspire freely, and at this time I should give him his beef tea to drink. Now, there is only one right way to make beef tea for athletes in training, and that is as follows: Two of Mason's preserve jars should be used, being careful to get them with very tight fitting covers. Then every evening five pounds of round steak should be bought. Cut all the fat off and then cut up the remainder in small bits, say about an inch square. Place half in each jar, never putting in any water, screw the covers on tightly and place one of the jars in a large kettle filled with cold water. This kettle should be placed over a good fire and allowed to boil for five or six hours. Then, when your man comes in in the morning, take the jar and strain the contents through muslin giving him the liquid to drink while it is yet warm. Then put on the second jar, and when your man gets through his work in the afternoon give him that to drink.

"If the day was warm when we got in from our morning spin I should place my man under a shower bath for about fifteen seconds while he is still warm and perspiring, but if the weather was cold I would just wipe him off dry with a Turkish towel, and then, putting on my hand rubbers, get up a good friction. After this I would rub him thoroughly all over with alcohol, putting plenty of it on and rubbing up and down until the skin began to get dry. Repeating this I would rub until the skin got smooth and perfectly dry all over. After this I would give his body, legs and arms a good dry hand rub, taking care to rub with the run of the muscles and pulling them out like a massage doctor.

"By this time dinner would be ready and my man would get a good meal of roast beef or mutton, or perhaps beefsteak with dry toast, some calvesfoot jelly, very little vegetables of some sort, peas preferred, winding up with some fruit for dessert, as I would not allow him puddings or pies. I would give him a little ice cream with every meal, but would take care that he got no liquor,

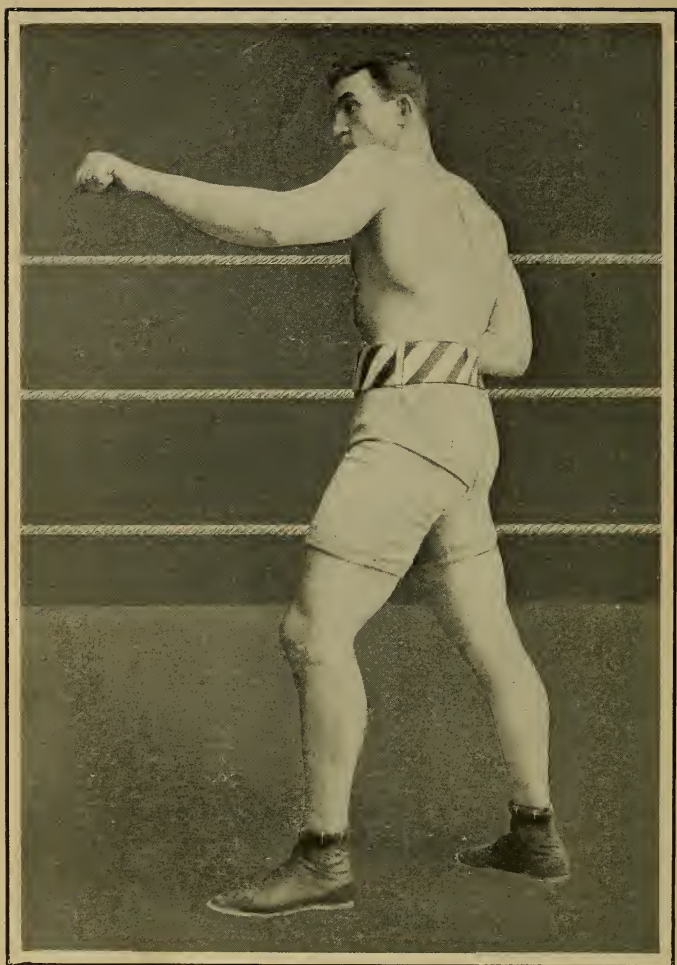


LEFT HAND BODY LEAD.

beer or ale, as I don't think those things are any good for a man in training, only serving to make his thirst worse in the long run. If he wanted a drink a little weak tea would be good, or, if he could drink it, a cup of hot water. In order to keep the fever from his stomach I would steep a pound of slippery elm bark in hot water, and when he was thirsty give him a little of that. My man could have a broiled chicken about three times a week, and I would try to make him eat a saucer of stewed California prunes every night for his supper. I should consider that milk made as hot as possible without boiling would be good for him to drink after coming in from a spin or at any other time when he felt tired. I would not allow him in female society during the last four weeks of his training, and I would neither allow him to smoke nor chew tobacco, and would not allow others to smoke in the apartments in which my man was sitting or sleeping. These latter would injure his wind and that is one of the worst things which could happen to him.

"But I left off with the work at dinner time and am digressing. After resting a short while to digest his dinner, I would set my man to work swinging clubs, using dumbbells and perhaps skipping the rope, as this latter exercise is very good for strengthening the legs and has a tendency to make a man quick, both with his feet and hands. After this he should punch the ball and spar with me for at least an hour, when he would be given his second drink of beef tea and then rest until supper time. The supper should be light, consisting, perhaps of dry bread or toast, weak tea, cold beef or mutton and stewed prunes and an apple or orange. I would do my best to find a cook who knew his or her business, and all of the food should be made to look as inviting as possible, without putting too much salt, pepper, spices, grease or butter on it.

"As for bed time, my man should retire at eight o'clock sharp, so as to give him plenty of time for sleep. His bedroom should be well aired and situated on the sunny side of the house, where the first ray of the sun would strike in the morning."



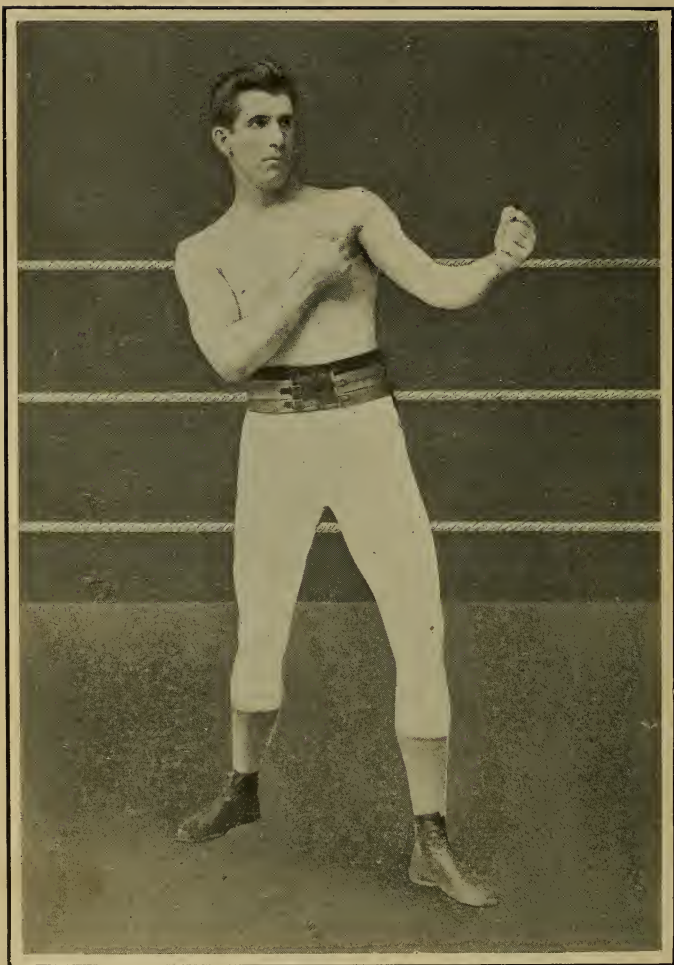
**JAMES J. JEFFRIES,
HEAVYWEIGHT CHAMPION OF THE WORLD.**

CHAPTER XXXII.

A GOOD SECOND IS INVALUABLE.

It is not always the best trainers who are the best seconds, or the best pugilists, either, for that matter. I have seen some men who could not be beaten as trainers, and others who were and are to-day at the top of their respective classes in pugilism, who have made dismal failures as seconds for other pugilists. There is a certain knack about it which they cannot get on to, and while the latter class, when they are fighting, know to a nicety just how good or how poorly they are being taken care of by their seconds, when they come to take charge of the sponge and towel themselves they do not seem to know how to work their man to the best advantage, what to say to encourage him when he is in or near his corner. On the other hand I have seen the veriest "dub" of a boxer, or even persons who did not pretend to box at all, who, as seconds for other men, could not be beaten. They would anticipate their principal's every thought, whisper words of encouragement in his ear, and finally bring him out a winner.

Now, I am fully aware of the fact that all the seconding in the world would not bring a man out of a battle a victor unless he had the requisite gameness and the hitting powers. But I can say this much, that I have seen many fights in which, in my opinion, the inferior man won because he was well seconded, while his opponent, all things being even, should be the better man, being poorly seconded, got discouraged, winded, played out, and finally was at the mercy of the inferior man. True, some fighters scarcely need any one to look after them in their corners as they are careful never to get excited and calculate the effect and consequences of every lead they make. Then, again, there are other fighters who, when they receive a few punches, lose all control of their own temper, and go at their adversary like a bull at a gate, tire themselves out, and stand a very good chance of being defeated were it not for their seconds, who, not having received the punching, are cool and collected and can see and be able to tell their man what to do and what not to do.



JAMES J. CORBETT,
FORMER HEAVYWEIGHT CHAMPION.

CHAPTER XXXIII.

DUTIES OF THE SECOND.

The duties of the second who handles the principal in a boxing contest or prize fight, should begin at least six hours before the time for entering the ring. Then he takes charge of his "man" and never allows him out of his sight until after the fight. He should also, himself, prepare and procure everything that the principal eats and drinks, or have some trustworthy person to do it, as there are always people who have their money on the other side while pretending to be your friends, and they are mean enough, some of them, to try and dose your man. A second cannot be too careful about these things. Just as soon as your man is put under your charge get everything together which you will need when in the ring, and do not let these things out of your sight, for they might be tampered with.

Now, the things I consider necessary to take to the ringside are one bottle of slippery elm bark tea, a small tongue sponge and scraper, two bottles of beef tea made from five pounds of round steak, a bottle of alcohol, a couple of turkish towels and, perhaps a fan, although the towels will answer the purpose of body sponge, towel and fan, too. Some fighters think that a bottle of cold tea, or a bottle of some sort of spirits, is good to have at the ringside, but I don't think that either of them is nearly so good as the beef tea, which will strengthen your man greatly while he is in the ring, and he will be gaining weight and strength as the battle progresses. Ordinary tea will not do this, and as for brandy or whiskey, they are worse than bad, for while a drink of the stuff will liven or exhilarate your man for a moment, the next minute he will be worse off than before, and if you keep giving it to him he will be very drunk in a short time, as it only takes a small quantity of spirits to intoxicate a man who is in condition. Once drunk, you might as well throw up the sponge, for a drunken man can't fight within twenty-five per cent. of a sober one. Take my advice and use the beef tea. You will find it is the best in the long run. About an hour before the time for the contest you should give your man a good alcohol rub, using plenty of alcohol.



**ROBERT FITZSIMMONS,
CHAMPION LIGHT-HEAVYWEIGHT OF THE WORLD.**

and after this is well rubbed in, follow it up with a good hand rubbing, being careful to rub with the run of the muscles.

For all important contests a man should have at least three men in his corner when he is fighting. Two of these should be seconds and the third bottle holder. One of the seconds, in all cases the one with the most experience, should be the adviser, and he should do all the talking to the principal during the contest, neither the other second, the bottle-holder nor any outsider being allowed to say a word to the principal. This is to prevent the man from becoming confused and losing his head, as he would be almost sure to do if he had three or four people all trying to talk to him and advise him when he was in his corner.

The other second should make it his business to look out for the chair, having it out of the ring as soon as possible after his man leaves it and having it back there ready for his man whenever it is required. The bottle-holder should stay out of the ring all the time, and at no time allow the bottles to get out of his sight; it is his duty to watch the bottles and not the fight, and if he has the interests of his man strictly at heart he will do this, as it is often very easy for an evil-minded person to drop a little of something into one of the bottles, and this would in all likelihood lose the fight, as the principal would soon be affected by it.

The advising second should never, while the fight is in progress, take his eyes off his principal's opponent, so as to see that he does not commit any fouls without their being seen and claimed. Of course, not fighting himself, he could see all the weak points in his man's adversary, and should instruct his principal to the best of his ability as to how to get at his man, the openings to take advantage of, and all the many other little points which he would be sure to see quicker than his man, and which, if taken advantage of immediately, would perhaps do everything toward making his man win the battle. Of course, it is imperative that the advising second should be an experienced man, not necessarily an experienced boxer, but an experienced second.

At the call of time at the commencement of every round both seconds should put their hands under their man's arms and lift him bodily out of his chair onto his feet. This should, of



**JOHN L. SULLIVAN,
CHAMPION OF ALL CHAMPIONS.**

course, be done gently, and without any jerk. It saves the principal the exertion of getting up, and although you may think that is a very small bit of exertion, still everything helps in a battle, and a man needs all the strength there is in him while he is in front of his opponent, and in a long fight even these little things will help your man a good deal. One of the seconds should be careful to watch the opponent's corner when he is there during the rest between rounds, as many a little crooked thing can be done in the corner and would pass unnoticed. If anything suspicious is seen there no time should be lost in calling the attention of the referee to it. As I have said before, be very careful in looking out for fouls, and don't allow your man to be fouled in any way with elbow, knee or head.

When your man is resting between the rounds be careful and never get your hands near his mouth or nostrils so that any air will be shut off from him. Give him every possible chance to breathe long, full breaths, instruct him to do so while in his corner, and also to do so at every opportunity while he is in the ring, and he will find lots of chances when either he or his opponent is breaking ground. It is always advisable not to sponge your man off while he is perspiring very freely; a good sweat will do him good, as it freshens a man up and makes him feel more like working. After a contest the best thing a second can do is to at once take his man to a Turkish bath, where he can have a good hot sweat and a hard rubbing; this will do much to prevent him from being sore and his flesh from becoming black and blue where he has been hit.

He should be kept from all draughts, cold winds and from liquor of all kinds. If it is in the power of the second he should also keep his man out of bad company, as many of the best athletes who ever lived have gone to an early grave from these two last named causes. As no class of people are so open to temptation as successful athletes, it becomes harder to resist, I suppose; but when you find one of these men who can and has resisted all temptations, you will always find him at or near the top of his class, no matter what his line of athletics may be



**WM. ROTHWELL (YOUNG CORBETT),
128 LB CHAMPION.**

CHAPTER XXXIV.

WHAT CAUSES A KNOCKOUT.

There is no immunity from a knockout blow. Any man, when hit in the proper place with sufficient force, will become insensible long enough to permit the referee to count him out. A blow on the point of the lower jaw is the favorite knockout punch. The result does not come from a jarring of the nerves, as many believe. When the lower jaw is hit hard enough it shoots back. It comes in contact with the jugular vein. The flow of blood is temporarily stopped; the blood rushes back of the brain, and temporary congestion ensues; this renders a man insensible for a time; until the blood flow readjusts itself one is practically out of existence.

A man of the physique of Tom Sharkey or Jim Jeffries does not apparently succumb to this knockout blow. This is not because either man cannot be knocked out.

The truth is that men of their prodigious strength are able to resist the ordinary blow. If they are ever hit hard enough the dazed effect will follow. But a man who is muscular has his bulwark of muscles to stand off the average blow. With jaws set properly, the muscles of the jaws of a Jeffries or Sharkey will resist a punch that would knock out another person. Although it might shake them up, it will not send them out of a battle. Most fighters realize this. No boxer will let pass an opportunity to cause a nose bleed. Once the nasal organs are interfered with by a flow of blood, a man is compelled to breathe through his mouth. This leaves his jaw less formidable. He has not the same purchase, and the lower jaw may be forced back to the jugular more easily.

The strength of the muscles controlling the lower jaw is underestimated. In some men it is as great as the strength of the lower forearm, and in consequence they are able to take a thrust without wincing that would end another person's career for the time being. Few of the blows which appear to land on the right spot really do. When Jeffries fights he holds his head at a peculiar angle with his chin close to the body. In this position a smite on the jaw bone will tilt his head over but will not drive back his jaw.



**BEN JORDAN,
FEATHERWEIGHT CHAMPION OF ENGLAND.**

Or if the punch is not accurate it will glance off and over his shoulder. Almost the same fact applies to Sharkey. He realizes the danger of a terrific swing that will shoot back his lower jaw and always holds his head set firmly to lessen the effect of a possible crash. It does not follow, however, that these tactics offset the chance of a knockout. Every fighter forgets these rules and methods when there is a mixup. His carefully laid plans are cast to the winds. And then it is that the properly aimed drive on the jaw connects with the jugular vein, shuts off that steady flow of blood, rushes back to the brain and brings about a condition of congestion which obtains just long enough to unfit a man for further fighting at the time.

This is not the only species of a knockout, however. A severe blow on the jaw sometimes, but not frequently, communicates with the *medulla oblongata* at the base of the brain and a momentary paralysis takes place. Then again, there is the so-called solar plexus blow which is said to have defeated Corbett at Carson City. The plexus system is so located that I believe it is very difficult to attack it with a blow. But the punch in the stomach affects the diaphragm; it agitates it so that breathing is impossible for the time, and a man may be counted out from a strong blow there.



**TERRY MCGOVERN,
FORMER FEATHERWEIGHT CHAMPION OF THE WORLD.**

CHAPTER XXXV.

HOW TO SAVE TIME.

There are several little tricks for saving and gaining time, and I will describe one or two of them. "Those who may chance to read this, who have seen my fights," said Fitzsimmons to the writer, "may have noticed that when the gong sounded at the close of the rounds my opponent has been in my corner oftener than I have been in his. This may have seemed accident, but it was not, for that is one of the best tricks for gaining time that I know. Don't you see, if you think it is getting near the end of a round and you have your opponent over in your corner, when the gong rings he will have to walk the entire distance diagonally across the ring, while all you have to do is turn around and sit down.

"Consequently you will be resting and receiving the attention of your seconds at least three or four seconds before he will, and he will be walking those three seconds. Now, although that may seem a very short gain of time, still in a long fight, say of forty rounds, allowing three seconds to the round, it would give you two full minutes more rest than your opponent, which I can assure you is worth figuring on. A man can also gain a second or two at the opening of a round by waiting until his opponent gets out of his chair and has started to come to the centre before he rises. Then he should never use up any of his own strength in rising from his chair, but should have his seconds each put a hand under his arms and lift him from the chair to an erect position. This will help a tired man materially, as all his strength will be needed when in front of his man.

"Above all things, make your opponent do all the walking backward possible, as it will tire him out quicker than anything else."



**FRANKIE NEIL,
BANTAM CHAMPION OF AMERICA.**

CHAPTER XXXVI.

REVISED QUEENSBERRY RULES.

RULE 1.—The ring shall be roped, and 24 feet square.

2.—Competitors to box in light boots or shoes (without spikes), or in socks, with knickerbockers, breeches or trousers, and wear jerseys.

3.—The result shall be decided by two judges, with a referee, or by a referee only.

4.—The number of rounds to be contested shall be three. The duration of the first two rounds shall be three minutes, and of the final round four minutes, and the interval between each round shall be one minute.

5.—Any competitor failing to come up when "Time" is called shall lose the bout.

6.—Where a competitor draws a bye, he shall be bound to spar such bye for the specified time, and with such opponent as the judges or referee may approve.

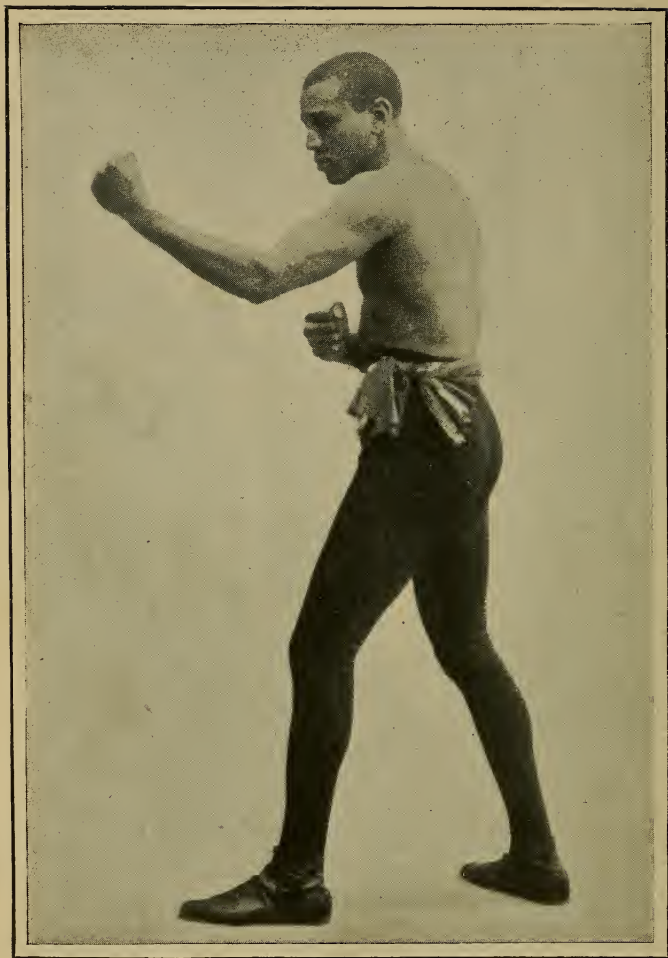
7.—Each competitor shall be entitled to the assistance of one attendant only, and no advice or coaching shall be given to any competitor by his second, or by any other person during the progress of any round.

8.—The referee shall have power to give his casting vote when the judges disagree, or to stop the contest in either the second or third round in the event of it being very one-sided; and he can further order a fourth round, limited to two minutes, in the event of the judges disagreeing.

9.—That the decision of the judges or referee, as the case may be, shall be final, and without appeal.

10.—The referee may, after cautioning the offender, disqualify a competitor who is boxing unfairly by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist or elbow, or by wrestling, or roughing at the ropes.

11.—In the event of any questions arising not provided for in these rules, the referee to have full power to decide such question, and his decision to be final.



**JOE GANS,
LIGHTWEIGHT CHAMPION OF AMERICA.**

CHAPTER XXXVII.

LONDON PRIZE-RING RULES.

RULE 1.—That the ring shall be made on turf, and shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground. That in the centre of the ring a mark be formed, to be termed a "Scratch."

2.—That each man shall be attended to the ring by two seconds and a bottle-holder. That the combatants, on shaking hands, shall retire until the seconds of each have tossed for choice of position, which adjusted, the winner shall choose his corner according to the state of the wind or sun, and conduct his man thereto; the loser taking the opposite diagonal corner.

3.—That each man shall be provided with a handkerchief of a color suitable to his own fancy, and that the seconds shall entwine these handkerchiefs at the upper end of one of the centre stakes. That these handkerchiefs shall be called "Colors," and that the winner of the battle at its conclusion shall be entitled to their possession as the trophy of victory.

4.—That two umpires shall be chosen by the seconds or backers to watch the progress of the battle, and take exception to any breach of the rules hereafter stated. That a referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and that the decision of this referee, whatever it may be, shall be final and strictly binding on all parties, whether as to the matter in dispute or the issue of the battle. That this official shall receive out of the stakes a sum of 5 per cent. for officiating, such sum to be deducted by the stakeholder either from the amount of the winnings in the case of a win, or in equitable proportions from each stake in the event of a draw. No payment to be made in the event of a forfeit or of the referee not being called upon to act. That the umpires shall be provided with a watch for the purpose of calling time; and that they mutually agree upon which this duty shall devolve, the call of that umpire only to be attended to, and no other person whatever, except the referee when appealed to, shall interfere in calling time. That the



**GEORGE GARDINER,
FORMER LIGHT-HEAVYWEIGHT CHAMPION.**

referee shall withhold all opinion till appealed to by the umpires, and that the umpires strictly abide by his decision without dispute.

5.—That on the men being stripped, it shall be the duty of the seconds to examine their drawers, and if any objection arises as to insertion of improper substances therein, they shall appeal to their umpires, who, with the concurrence of the referee, shall direct what alterations shall be made.

6.—That the spikes in the fighting boots shall be confined to three in number, which shall not exceed three-eighths of an inch from the sole of the boot, and shall not be less than one-eighth of an inch broad at the point; two to be placed in the broadest part of the sole and one in the heel; and that in the event of a man wearing any other spikes either in the toes or elsewhere, he shall be compelled either to remove them or provide other boots properly spiked, the penalty for refusal to be a loss of the stakes.

7.—That both men being ready, each shall be conducted to that side of the scratch next his corner previously chosen; and the seconds on the one side, and the men on the other, having shaken hands, the former shall immediately leave the ring, and there remain till the round be finished, on no pretense whatever approaching their principals during the round, without permission from the referee. The penalty to be the loss of the battle to the offending parties.

8.—That at the conclusion of the round, when one or both of the men shall be down, the seconds shall step into the ring and carry or conduct their principal to his corner, there affording him the necessary assistance, and that no person whatever be permitted to interfere in his duty.

9.—That on the expiration of thirty seconds the umpire appointed shall cry "Time." upon which each man shall rise from the knee of his second and walk to his own side of the scratch unaided; the seconds immediately leaving the ring. The penalty for either of them remaining eight seconds after the call of time to be the loss of the battle to his principal; and that either man failing to be at the scratch within eight seconds shall be deemed to have lost the battle.

10.—That on no consideration whatever shall any person,



TOMMY FELTZ,
CLEVER FEATHERWEIGHT PUGILIST OF BROOKLYN.

except the seconds or the referee, be permitted to enter the ring during the battle, nor till it shall have been concluded; and that in the event of such unfair practice, or the ropes or stakes being disturbed or removed, it shall be in the power of the referee to award the victory to that man who, in his honest opinion, shall have the best of the contest.

11.—That the seconds shall not interfere, advise, or direct the adversary of their principal, and shall refrain from all offensive and irritating expressions, in all respects conducting themselves with order and decorum, and confine themselves to the diligent and careful discharge of their duties to their principals.

12.—That in picking up their men, should the seconds willfully injure the antagonist of their principal, the latter shall be deemed to have forfeited the battle on the decision of the referee.

13.—That it shall be a fair "stand up fight," and if either man shall willfully throw himself down without receiving a blow, *whether blows shall have previously been exchanged or not*, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who in a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

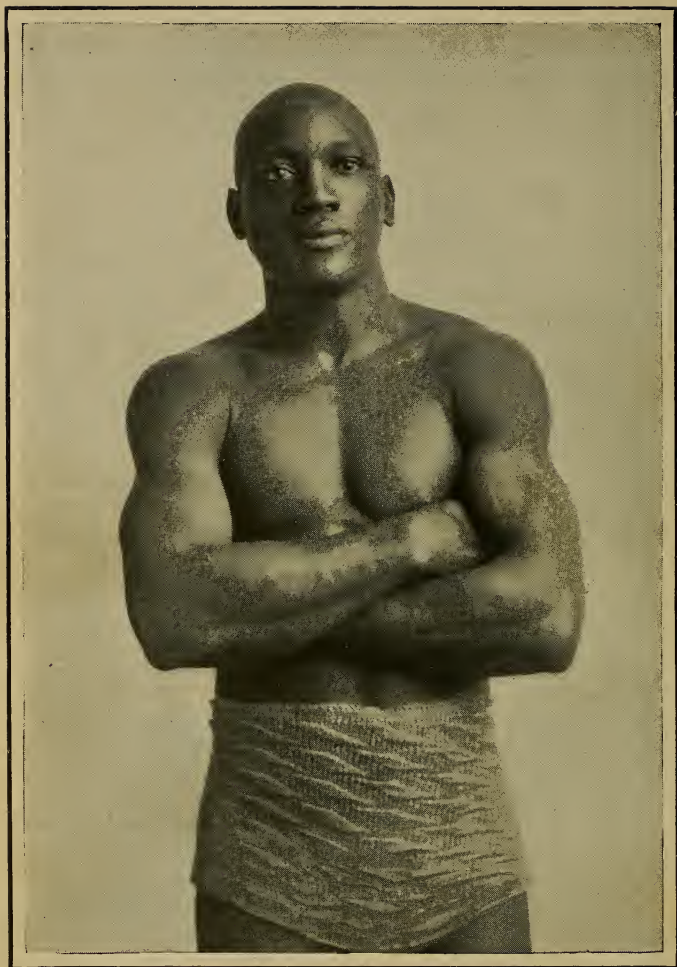
14.—That butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

15.—That a blow struck when a man is thrown or down shall be deemed foul. That a man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down; and a blow given in either of those positions shall be considered foul, providing always that, when in such position, the man so down shall not himself strike or attempt to strike.

16.—That a blow struck below the waistband shall be deemed foul, and that, in a close, seizing an antagonist below the waist, by the thigh, or otherwise, shall be deemed foul.

17.—That all attempts to inflict injury by gouging, or tearing the flesh with the fingers or nails, and biting, shall be deemed foul.

18.—That kicking, or deliberately falling on an antagonist with the knees or otherwise when down, shall be deemed foul.



**JACK JOHNSON, OF GALVESTON,
COLORED HEAVYWEIGHT CHAMPION OF THE WORLD.**

19.—That all bets shall be paid as the battle money, after a fight, is awarded

20.—The referee and umpires shall take their positions in front of the center stake, outside the ropes.

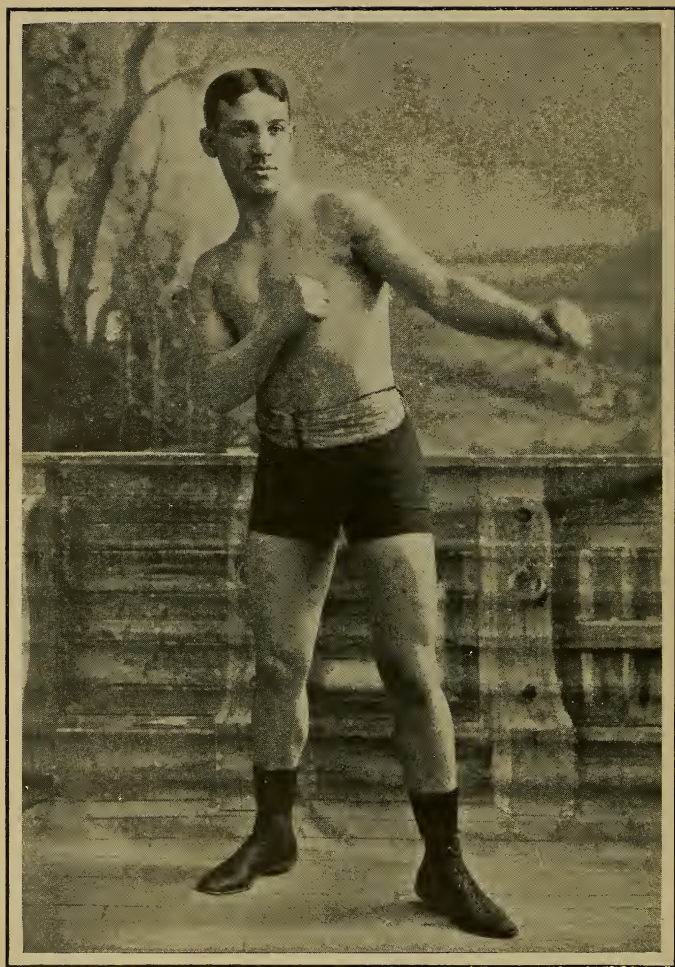
21.—That due notice shall be given by the stakeholder of the day and place where the battle money is to be given up, and that he be exonerated from all responsibility upon obeying the direction of the referee; that all parties be strictly bound by these rules; and that in future all articles of agreement for a contest be entered into with a strict and willing adherence to the letter and spirit of these rules.

22.—That in the event of magisterial or other interference, or in case of darkness coming on, the referee [or stakeholder in case no referee has been chosen] shall have the power to name the time and place for the next meeting, if possible on the same day, or as soon after as may be. In naming the second or third place, the nearest spot shall be selected to the original place of fighting where there is a chance of its being fought out

23.—That should the fight not be decided on the day all bets shall be drawn, unless the fight shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue, and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

24.—That any pugilist voluntarily quitting the ring, previous to the deliberate judgment of the referee being obtained, shall be deemed to have lost the fight.

25.—That on an objection being made by the seconds or umpire the men shall retire to their corners, and there remain until the decision of the appointed authorities shall be obtained; that if pronounced "foul," the battle shall be at an end; but if "fair," "time" shall be called by the party appointed, and the man absent from the scratch in eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly



**TOMMY RYAN, (JOS. YOUNGS),
CHAMPION MIDDLEWEIGHT OF AMERICA.**

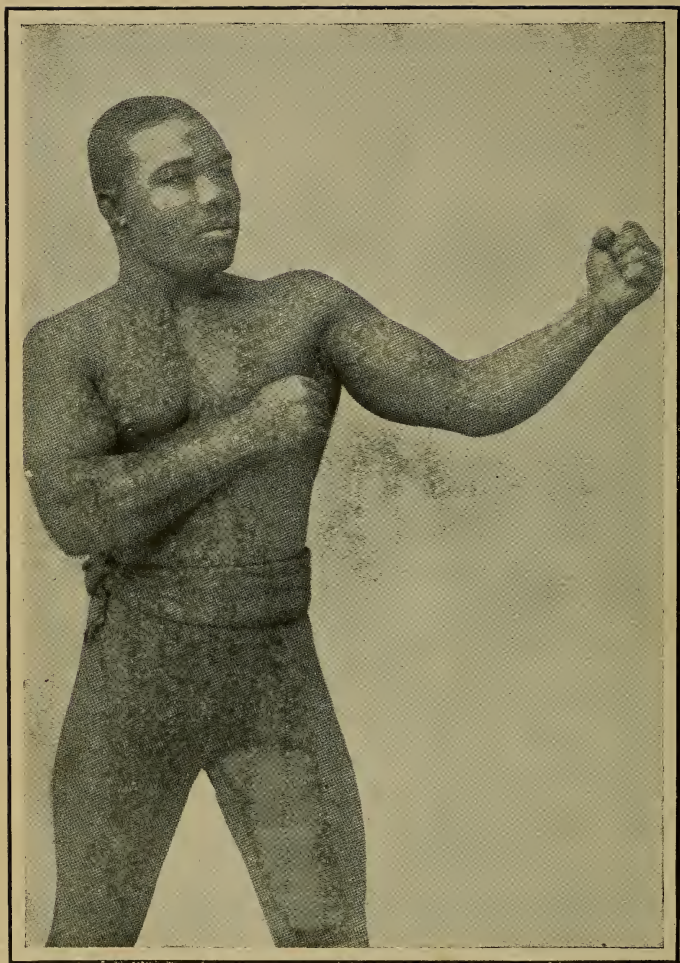
and irrevocably, for which purpose the umpires and the referee should be invariably close together.

26.—That if a man leaves the ring, either to escape punishment or for any other purpose, without the permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

27 —That the use of hard substances, such as stones, or sticks or of resin in the hand during the battle, shall be deemed foul, and that on the requisition of the seconds of either man the accused shall open his hands for the examination of the referee.

28 —That hugging on the ropes shall be deemed foul. That a man held by the neck against the stakes, or upon or against the ropes, shall be considered down, and all interference with him in that position shall be foul. That if a man in any way makes use of the ropes or stakes to aid him in squeezing his adversary, he shall be deemed the loser of the battle; and that if a man in a close reaches the ground with his knees, his adversary shall immediately loose him or lose the battle.

29 —That all glove or room fights be as nearly as possible in conformity with the foregoing rules.



**JOE WALCOTT,
CHAMPION WELTERWEIGHT OF AMERICA.**

CHAPTER XXXVIII.

AMATEUR ATHLETIC UNION RULES.

1.—In all open competitions the ring shall not be less than 16 feet or more than 24 feet square, and shall be formed of 8 stakes and ropes, the latter extending in double lines, the uppermost line four feet from the floor and the lower line two feet from the floor.

2.—Competitors to box in regulation athletic costume, in shoes without spikes, or in socks, and to use boxing gloves of not more than 8 ounces in weight.

3.—Weights to be : Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Middle 158 lbs. and under; Heavy Weight, 158 lbs. and over.

4.—Any athlete who weighs in and then fails to compete, without an excuse satisfactory to the Games Committee, shall be suspended for six months.

5.—In all open competitions the result shall be decided by two judges with a referee. A time-keeper shall be appointed.

6.—In all competitions the number of rounds to be contested shall be three. The duration of rounds in the trial bout shall be limited to three minutes each. In the "finals," the first two rounds will be three minutes each, and the final round four minutes. The interval between each round shall be one minute.

7.—In all competitions, any competitor failing to come up when time is called shall lose the bout.

8.—Immediately before the competition each competitor shall draw his number and compete as follows: To have a preliminary round of as many contests as the total number of contestants exceeds 2, 4, 8, 16 or 32, and drop the losers. This leaves in 2, 4, 8, 16 or 32 contestants, and the rounds then proceed regularly with no byes or uneven contests.

9.—Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person during the progress of any round.

10.—The manner of judging shall be as follows: The two judges and referee shall be stationed apart. At the end of each



**ARTHUR KEELEY,
SCIENTIFIC BAG PUNCHER.**

bout, each judge shall write the name of the competitor who in his opinion has won, and shall hand the same to the announcer (or master of ceremonies). In case the judges agree, the master of ceremonies shall announce the name of the winner, but in cases where the judges disagree, the master of ceremonies shall so inform the referee, who shall thereupon himself decide.

11.—The referee shall have power to give his casting vote when the judges disagree to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, providing that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round to decide the competition in the event of either man showing so marked a superiority over the other that a continuation of the contest would serve only to show the loser's ability to take punishment. And the referee can order a further round, limited to two minutes, in the event of the judges disagreeing.

12.—The decision of the judges or referee, as the case may be, shall be final.

13.—In all competitions the decision shall be given in favor of the competitor who displays the best style, and obtains the greatest number of points. The points shall be: For attack, direct clean hits with the *knuckles* of either hand, on any part of the front or sides of the head, or body above the belt; defense, guarding, slipping, ducking, counter-hitting or getting away. Where points are otherwise equal, consideration to be given the man who does most of the leading off.

14.—The referee may disqualify a competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist or elbow, hitting or catching hold below the waist, or hitting when down (one knee and one hand or both knees on the floor), butting with the head or shoulder, wrestling or roughing at the ropes, using offensive and scurrilous language, or not obeying the orders of the referee.

15.—All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.



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16.—Any athlete who competes in a boxing contest of more than four rounds shall be suspended for such stated period as may be determined by the Board of Managers of the association of the A. A. U. in whose territory the offense was committed.

17.—In the event of any question arising not provided for in these rules, the referee to have full power to decide such question or interpretation of rule.



**BELLE CORDON,
CHAMPION LADY BAG PUNCHER OF THE WORLD AND
HOLDER OF POLICE GAZETTE CHAMPIONSHIP MEDAL.**

Bag Punching.

As an incident to the training considered necessary in the preliminary preparation for a contest, bag-punching probably aids a boxer more than any other form of exercise that he participates in. Its uses are manifold, for it trains the eye to accuracy, enables a man to gauge the distance of a blow, strike quickly and precisely; it exercises every muscle in the body, increases strength and activity combines every essential feature of a fistic engagement, barring the punched and battred physiognomy which usually characterizes a devotee of the manly art. The exercise consists in hitting an inflated leather bag about the size of an Association football with the naked fists or with gloves manufactured for the purpose. To such a pitch of popularity has the game now reached that it has become a recognized fad among professional boxers, and the indulgence in the exercise, too, among people in general who want an appliance for home training is gaining general favor and making rapid advances.

To the professional and amateur athlete, especially the ambitious boxer, this form of exercise is by no means easy of attainment, and it requires careful study and plenty of work to become proficient. All the noted boxers pride themselves on their skill as bag punchers, but the only woman who has ever acquired sufficient proficiency to merit consideration as a professional is Miss Belle Gordon, who in an open contest against all comers won the POLICE GAZETTE trophy, emblematic of the championship.

Bag punching as a sport is a comparatively new institution. The real originator of it will probably never be known but the lowly sphere of to-day owes its origin to the ungainly big sack resembling the tackling dummy used by present day footballists.



ADDRESSING THE BALL.

These were to be found years ago in the training equipment of every English pugilist. It comprised a horseskin bag filled with sand, weighing about 100 pounds, about as tall as a man and usually swung from a cross-beam in the ceiling of the training quarters. Punching against the hard substance was supposed to improve a man's hitting powers, harden the knuckles of the hand, and the muscles of the arm. A modified type of this bag was in use 30 years ago in all the public gymnasiums in this country. These weighed twelve, fifteen, and thirty pounds, made of canvas and stuffed with chamois, oakum or excelsior. They were generally suspended from beams about twelve or fourteen feet high, and any one who could knock them over the beam earned the reputation of a hard puncher.

But this style of bag proved the most dangerous appliance in the gymnasium, for anyone who had not the proper idea of punching surely came to grief by spraining his wrist.

To Prof. Mike Donovan, once middleweight champion pugilist of America, is given the credit of introducing what was then known as the lively ball. A well known historian of the ring says that in 1876 Donovan was training for his fight with McClelland for the middleweight championship of America at San Francisco, and as a part of his exercise used the punching bag. There were no India rubber bladders in those days, and Mike kept his trainers busy securing cow bladders from the slaughter houses in the vicinity of Frisco.

The bags used by Donovan weighed 5 or 6 pounds and were awkward, ungainly affairs but admirably served the purpose for which they were intended. Then the genius of man devised the rubber bladder, the use of specially prepared light leather, the platform and sounding table, ball bearing swivels, etc., etc. Bag making is quite as much an art as bag punching. Only selected skins can be used and only the choicest part. The leather is cut in forms, after being thoroughly stretched, and the grain of the leather should all run one way. This will insure a uniform roundness and the stitches will draw out evenly after the bladder is inflated.

A professional bag punching outfit similar to the one shown



HAND AND ELBOW BAG PUNCHING.

in the cuts is quite expensive, but for home use a very serviceable and satisfactory platform can be purchased for \$10; add to the cost of a good ball \$5.00, a pair of striking gloves \$2.00, and the aggregate represents a moderate investment which will pay for itself many times over in added health and increased strength accruing from the exercise which the owner is sure to indulge in. A variety of movements and blows may be learned. These will be described in detail in the following chapters. It is needless almost to say that in bag-punching as in every other art, practice is essential to success.

The amount of work to be done on the bag depends largely on the temperament and condition of the individual. About four or five three-minute rounds will be found a very good plan, or even two spells of fifteen minutes will be found to suit most people. Some very prominent bag punchers punch without intermission until they are tired, and this constitutes their work for the day. Whichever system is found to be most acceptable should be adhered to without the slightest variation, and when a man begins to tire he should quit, no matter what method he adopts; but by assiduous practice and a little care, and some attention to the rules offered in this book, he should, after about three months become a tolerably fair artist at bag punching.

POSITION AND LEAD.

The ball lazily swinging below the disc with the centre just below the level of the eyes invites attention and the hitter addresses it in the position he would assume if sparring with an opponent, with the left foot about eighteen inches in advance of the right. The knees should be held rigid, with the toes pointing slightly outward. The body should assume an easy balance, with the head erect and the shoulders drawn slightly backward. The right hand should be held across the breast, but advanced slightly. At the same time the left should be extended with the glove about level with the shoulder and the elbow somewhat forward of the hip joint. The hitter should stand at such a distance from the bag—neither too close nor too far off—that he will be at all times within



RIGHT AND LEFT HOOKS.

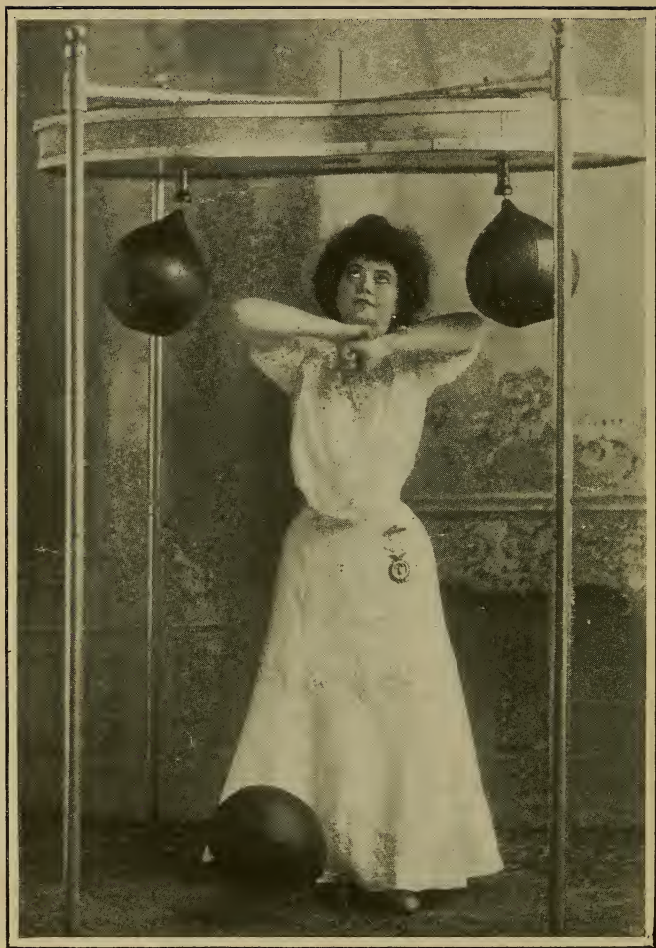
easy reach of it. Begin the exercise with a left lead by stepping forward, at the same time striking out straight from the left shoulder, aiming for the centre of the ball, and throwing the weight of the body into the blow. In striking thus, the head should be turned slightly to the right with the right forearm held across the wind. Avoid a counter from the bag. After delivering the blow spring back quickly into the original position, and instantly repeat the lead. One fault with all beginners, is that they do not hit the bag straight, and in that case it is at all times liable to fly off the wrong way and returning at a wrong angle may strike the puncher's face. But avoiding these irregular returns of the sphere will be a capital practice in the art of "ducking." When the bag is struck, it flies to the platform and rebounds back to the striker and—if he does not hit it—to the platform over his head. A very good practice is to strike it when returning for the third rebound.

The right hand is used in the same manner, only with the right foot advanced instead of the left and striking with the right hand.

Make the bag go through the same evolutions as in the left lead, and each practice spell in right leading should conclude with a few alternates of right and left. If, at the first attempts of alternate striking the puncher fails in matters of distance, accuracy and precision, he should not get rattled. He will be rewarded by a little perseverance.

"TATTOO."

One of the most effective displays in an exhibition of bag punching is beating the tattoo, as the alternate striking of the left and right hand, keeping the ball rebounding on the side of the disc, is called. This can easily be acquired after the striker has become moderately proficient in hitting the ball stronger, standing almost under the centre of the platform, he hits the ball causing it to rebound lightly and the hitter should meet it lightly, using left and right alternately. Then the right should be used for about a dozen taps, and the left the same way, and again the alternate



ELBOW WORK WITH TWO BALLS.

tapping of left and right. A continuation of the tattoo is what has been latterly termed the "tattoo" punch. This is executed by overlapping the arms so that the fist of the right will be directly over the elbow of the left and vice-versa with the left hand, but held, of course, underneath the right. Out of the tattoo may be developed a series of hook blows, half-hooks delivered with both hands. Blows which are useful to a fighter but not effective in punching the bag.

RIGHT AND LEFT SWINGS.

The right half-arm swing is accomplished by stepping to your left from the regular position with your left foot, bending both knees and twist your body, throwing all the weight you are capable of in the one direction, and make as near a one movement of it as possible. In executing the blow you follow on a direct line with your left foot and place the left hand in such a position as to guard the face, which should be bent toward the left shoulder. For the left swing, hold yourself well together, keeping your left arm well back, spring quickly forward on the left foot and swing your left with a half circular motion and a swing of the body, and pivot on the balls of both feet, and at the same time duck your head well to the right.

Another effective movement is the right shift and the left swing. This blow is delivered after stepping out of the regular position. With the right foot, swing the arm and body in one move. Duck or side step after swinging the left. After gaining position instead of repeating the blow, simply step forward slightly to the right with the left foot. Duck and throw your head out of harm's way. This is a good move to make one shifty and should be practiced as much as possible.

RIGHT AND LEFT HOOKS.

These are used to vary the monotony of straight hitting and before the student has become accomplished enough to use the elbow. This movement is one of the best and can be used as a right



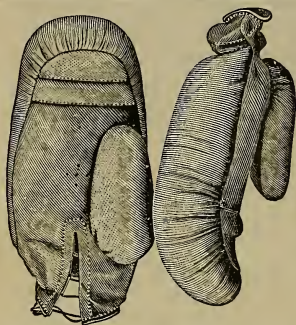
PUNCHING A FLOOR BALL.

or left single hander continuous blow. Stand directly in front of the ball and hit a hook blow. It will have a tendency to send the bag over the opposite shoulder and the return will be in exact position to land with great force as you hit. Swing the shoulder, and, after practicing, the learner will easily follow the bag movements, and in the end become very proficient as a judge of time and distance.

SINGLE AND DOUBLE ROLL.

Having disposed of straight hitting and swings we advance to the more intricate movements which include the use of the elbow, one of the most interesting of which is the "roll." A series of continuous elbow and short arm swings. This is one of the best movements for developing the shoulders and back. It is very simple after you have learned to hit the ball with the elbow. You stand directly under the bag and hit it with the right elbow and right hand, then reverse and land with the left elbow and left hand. It is a good way to become proficient by commencing with the right and left and occasionally use the elbows. This causes the forward and backward and elbow movement; that is, with one arm only. The backward stroke with the elbow and the forward one with the right hand. The position can be changed and the left hand used. This movement performed quickly and accurately gives a sound like the rolling of a drum, and while simple in its employment is one of the most effective in a bag puncher's repertoire.

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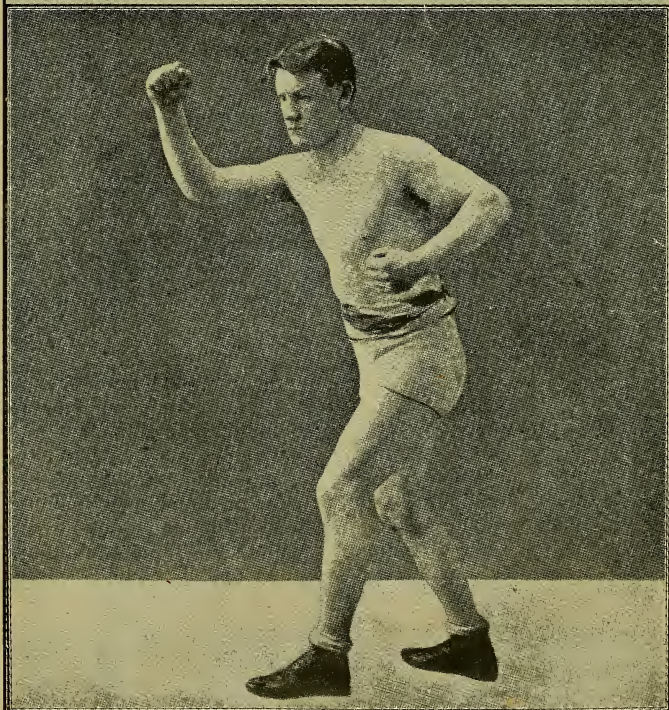
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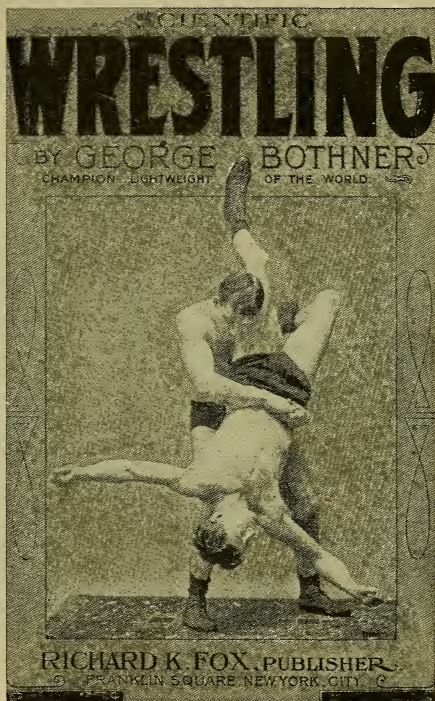
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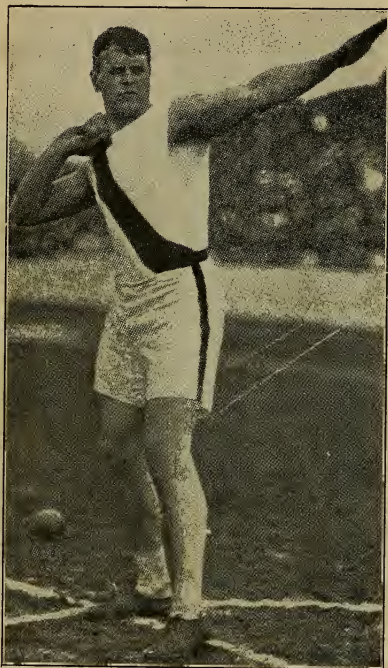


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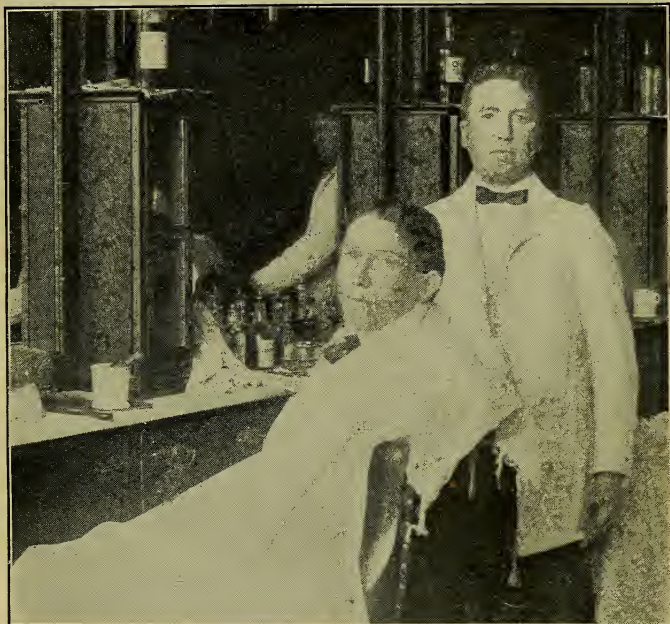
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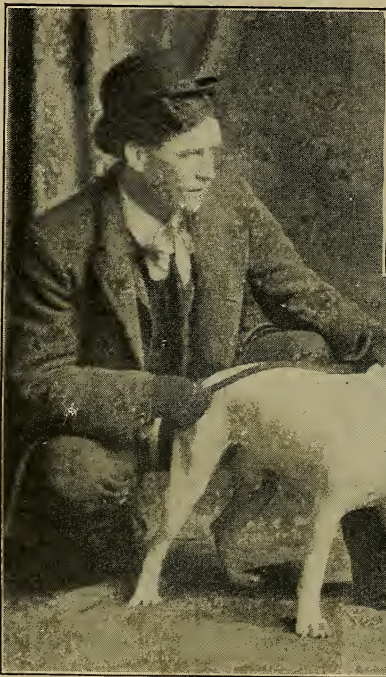
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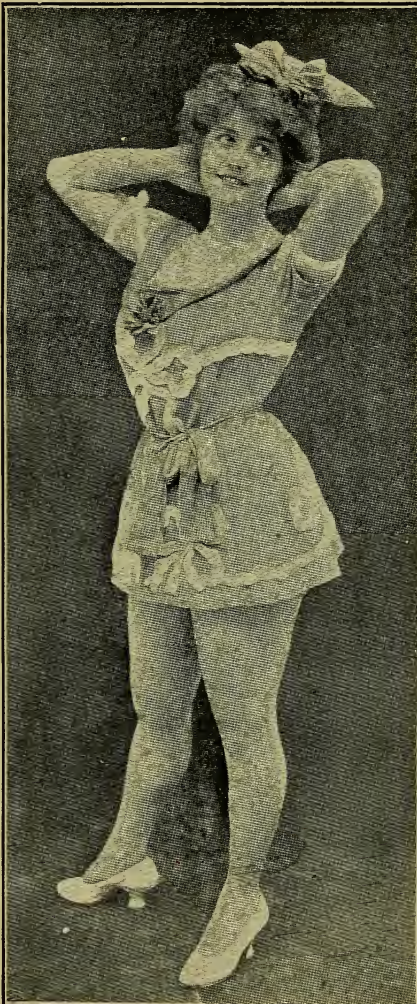
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